The COMPLEAT

HOUSEWIFE:

OR,

Accompliſh'd Gen[illegible]woman's

COMPANION:

Being a COLLECTION of upwards of Five Hundred of the moſt approved RECEIPTS in

COOKERY,
PASTRY,
CONFECTIONARY,
PRESERVING,
PICKLES,
CAKES, Creams
CREAMS,
JELLIES,
MADE WINES,
CORDIALS.

With COPPER PLATES curiouſly engraven for the regular Diſpoſition or Placing the various DISHES and COURSES.

AND ALSO

BILLS of FARE for every Month in the Year.

To which is added,

A [illegible]llection of above Two Hundred Family RECEIPTS [illegible]EDICINES; *viz. Drinks, Syrups, Salves, Ointments,* a[illegible] various other Things of ſovereign and approved Efficacy in moſt Diſtempers, Pains, Aches, Wounds, Sores, *&c.* [illegible]er before made publick; fit either for private Families, or ſuch publick-ſpirited Gentlewomen as would be beneficent to th[illegible]r poor Neighbours.

By *E. SMITH.*

The SEVENTH EDITION, *with very large Additions; near Fifty Receipts being communicated juſt before the Author's Death.*

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PREFACE.

I *being grown as unfashionable for a Book now to appear in publick without a Preface, as for a Lady to appear at a Ball without a Hoop-petticoat, I shall conform to Custom for Fashion-sake, and not through any Necessity. The Subject being both common and universal, needs no Arguments to introduce it, and being so necessary for the Gratification of the Appetite, stands in need of no Encomiums to allure Persons to the Practice of it; since there are but few now-a-days who love not good Eating and Drinking. Therefore I entirely quit those two Topicks; but having three or four Pages to be filled up, previous to the Subject it self, I shall employ them on a Subject I think new, and not yet handled by any of the Preten-*

ders to the Art of Cookery; and that is, The Antiquity of it; which if it either inſtruct or divert, I ſhall be ſatisfied, if you are ſo.

COOKERY, Confectionary, &c. *like all other Sciences and Arts, had their Infancy, and did not arrive at a State of Maturity but by ſlow Degrees, various Experiments, and a long Tract of Time: For in the Infant-Age of the World, when the new Inhabitants contented themſelves with the ſimple Proviſion of Nature,* viz. *the Vegetable Diet, the Fruits and Productions of the teeming Ground, as they ſucceeded one another in their ſeveral peculiar Seaſons, the Art of Cookery was unknown; Apples, Nuts, and Herbs, were both Meat and Sauce, and Mankind ſtood in no need of any additional Sauces, Ragoes,* &c. *but a good Appetite; which a healthful and vigorous Conſtitution, a clear, wholeſome, odoriferous Air, moderate Exerciſe, and an Exemption from anxious Cares, always ſupplied them with.*

WE read of no palled Appetites, but ſuch as proceeded from the Decays of Nature by reaſon of an advanced old Age; but on the contrary, a craving Stomach, even upon a Death-bed, as in Iſaac: *nor no Sickneſſes but thoſe that were both the firſt and the*

the laſt, which proceeded from the Struggles of Nature, which abhorred the Diſſolution of Soul and Body; for a *Phyſicians to preſcribe for the Sick, nor* nomv, *othecaries to compound Medicines for two thouſand Years and upwards. Food and Phyſick were then one and the ſame thing.*

BUT when Men began to paſs from a Vegetable to an Animal Diet, and feed on Fleſh, Fowls, and Fiſh, then Seaſonings grew neceſſary, both to render it more palatable and ſavoury, and alſo to preſerve that Part which was not immediately ſpent from Stinking and Corruption: And probably Salt was the firſt Seaſoning diſcover'd; for of Salt we read, Gen. xiv.

AND this ſeems to be neceſſary, eſpecially for thoſe who were advanced in Age, whoſe Palates, with their Bodies, had loſt their Vigor as to Taſte, whoſe digeſtive Faculty grew weak and impotent; and thence proceeded the Uſe of Soops and ſavoury Meſſes; ſo that Cookery then began to become a Science, though Luxury had not brought it to the height of an Art. Thus we read, that Jacob *made ſuch palatable Pottage, that* Eſau *purchaſed a Meſs of it at the extravagant Price of his Birthright. And* Iſaac, *before by his Laſt Will and Teſtament he bequeathed his Bleſſing to his*

Son Esau, *required him to make some savoury Meat, such as his Soul loved, i. e. such as was relishable to his* [illegible]*inted Palate.*

SO that Seasonings of some Sort were then in Use; though whether they were Salt, savoury Herbs, or Roots only; or Spices, the Fruits of Trees, such as Pepper, Cloves, Nutmegs; Bark, as Cinamon; Roots, as Ginger, &c. *I shall not determine.*

AS for the Methods of the Cookery of those Times, Boiling or Stewing seems to have been the principal; Broiling or Roasting the next; besides which, I presume scarce any other were used for two thousand Years and more; for I remember no other in the History of Genesis.

THAT Esau *was the first Cook, I shall not presume to assert; for* Abraham *gave Order to dress a Fatted Calf; but* Esau *is the first Person mention'd that made any Advances beyond plain Dressing, as Boiling, Roasting,* &c. *For though we find indeed, that* Rebeccah *his Mother was accomplished with the Skill of making savoury Meat as well as he, yet whether he learned it from her, or she from him, is a Question too knotty for me to determine.*

BUT

BUT Cookery did not long remain a ſimple Science, or a bare Piece of Houſewifry or Family Oeconomy, but in proceſs of Time, when Luxury enter'd the World, it grew to an Art, nay a Trade; for in 1 Sam. viii. 13. *when the* Iſraelites *grew Faſhioniſts, and would have a King, that they might be like the reſt of their Neighbours, we read of Cooks, Confectioners, &c.*

THIS Art being of univerſal Uſe, and in conſtant Practice, has been ever ſince upon the Improvement; and we may, I think, with good reaſon believe, is arrived at its greateſt Height and Perfection, if it is not got beyond it, even to its Declenſion; for whatſoever new, upſtart, out-of-the-way Meſſes ſome Humouriſts have invented, ſuch as ſtuffing a roaſted Leg of Mutton with pickled Herring, and the like, are only the Sallies of a capricious Appetite, and debauching rather than improving the Art itſelf.

THE Art of Cookery, &c. is indeed diverſified according to the Diverſity of Nations or Countries; and to treat of it in that Latitude would fill an unportable Volume, and rather confound than improve thoſe that would accompliſh themſelves with it. I ſhall therefore confine what I have to communicate within the limits of Practicalneſs and Uſefulneſs;

and ſo within the Compaſs of a Manual, that ſhall neither burthen the hands to hold, the Eyes in reading, nor the Mind in conceiving.

WHAT you will find in the following Sheets, are Directions generally for Dreſſing after the beſt, moſt natural, and wholeſome Manner, ſuch Proviſions as are the Product of our own Country, and in ſuch a Manner as is moſt agreeable to Engliſh *Palates: ſaving that I have ſo far temporized, as, ſince we have to our Diſgrace ſo fondly admired the* French *Tongue,* French *Modes, and alſo* French *Meſſes, to preſent you now and then with ſuch Receipts of* French *Cookery, as I think may not be diſagreeable to* Engliſh *Palates.*

THERE are indeed already in the World various Books that treat on this Subject, and which bear great Names, as Cooks to Kings, Princes, and Noblemen, and from which one might juſtly expect ſomething more than many, if not moſt of theſe I have read, perform, but found my ſelf deceived in my Expectations; for many of them to us are impracticable, others whimſical, others unpalatable, unleſs to depraved Palates; ſome unwholſome, many Things copied from old Authors, and recommended without (as I am perſuaded) the Copiers ever having had any Experience of the Palatableneſs, or had

had any regard to the Wholeſomneſs of them; which two Things ought to be the ſtanding Rules, that no Pretenders to Cookery ought to deviate from. And I cannot but believe, that thoſe celebrated Performers, notwithſtanding all their Profeſſions of having ingenuouſly communicated their Art, induſtriouſly concealed their beſt Receipts from the Publick.

BUT what I here preſent the World with is the Product of my own Experience, aud that for the Space of Thirty Years and upwards; during which Time I have been conſtantly employ'd in faſhionable and noble Families, in which the Proviſions ordered according to the following Directions, have had the general Approbation of ſuch as have been at many noble Entertainments.

THESE Receipts are all ſuitable to Engliſh *Conſtitutions and* Engliſh *Palates, wholeſome, toothſome, all practicable and eaſy to be performed. Here are thoſe proper for a frugal, and alſo for a ſumptuous Table, and if rightly obſerved, will prevent the ſpoiling of many a good Diſh of Meat, the Waſte of many good Materials, the Vexation that frequently attends ſuch Miſmanagements, and the Curſes not unfrequently beſtowed on Cooks with the uſual Reflection, That whereas* God ſends good Meat, the Devil ſends Cooks.

PREFACE.

AS to those Parts that treat of Confectionary, Pickles, Cordials, English *Wines,* &c. *what I have said in relation to Cookery is equally applicable to them also.*

IT is true, I have not been so numerous in Receipts as some who have gone before me, but I think I have made amends in giving none but what are approved and practicable, and fit either for a genteel or a noble Table; and altho' I have omitted odd and fantastical Messes, yet I have set down a considerable Number of Receipts.

THE Treatise is divided into Ten Parts: Cookery contains above an hundred Receipts, Pickles fifty, Puddings above fifty, Pastry above forty, Cakes forty, Creams and Jellies above forty, Preserving an hundred, Made Wines forty, Cordial Waters and Powders above seventy, Medicines and Salves above two hundred; in all near eight hundred.

I HAVE likewise presented you with Schemes engraven on Copper-Plates for the regular Disposition or placing the Dishes of Provision on the Table according to the best Manner, both for Summer and Winter, first and second Courses, &c.

PREFACE.

AS for the Receipts for Medicines, Salves, Ointments, good in ſeveral Diſeaſes, Wounds, Hurts, Bruiſes, Aches, Pains, &c. *which amount to above two hundred, they are generally Family Receipts, that have never been made publick; excellent in their kind, and approved Remedies, which have not been obtained by me without much Difficulty; and of ſuch Efficacy in Diſtempers,* &c. *to which they are appropriated, that they have cured when all other Means have failed; and a few of them which I have communicated to a Friend, have procured a very handſome Livelihood.*

THEY are very proper for thoſe Generous, Charitable, and Chriſtian Gentlewomen that have a Diſpoſition to be ſerviceable to their poor Country Neighbours, labouring under any of the afflicted Circumſtances mentioned; who by making the Medicines, and generouſly contributing as Occaſions offer, may help the Poor in their Afflictions, gain their Good-Will and Wiſhes, entitle themſelves to their Bleſſings and Prayers, and alſo have the Pleaſure of ſeeing the Good they do in this World, and have good Reaſon to hope for a Reward (though not by way of Merit) in the World to come.

AS the Whole of this Collection has coſt me much Pains and a thirty Years diligent Application,

plication, and I have had Experience of their Uſe and Efficacy, I hope they well be as kindly accepted, as by me they are generouſly offered to the Publick: And if they prove to the Advantage of many, the End will be anſwered that is propoſed by her that is ready to ſerve the Publick in what ſhe may.



A BILL

A BILL *of* FARE *for every Seaſon of the Year.*

For JANUARY.

Firſt Courſe.

COllar of Brawn
Biſque of Fiſh
Soop with Vermicelly
Orange-Pudding with Patties
Chine and Turkey
Lamb-Paſty
Roaſted Pullets with Eggs
Oyſter-Pye
Roaſted Lamb in Joints
Grand Sallad, with Pickles.

Second Courſe.

Wild Fowl of all Sorts
Chine of Salmon broil'd with Smelts
Fruit of all Sorts
Jole of Sturgeon
Collar'd Pig
Dry'd Tongues, with ſalt Sallads
Marinated Fiſh.

For FEBRUARY.

Firſt Courſe.

SOOP Lorain
Turbot boil'd with Oyſters and Shrimps
Grand Patty
Hen Turkeys with Eggs
Marrow-Puddings
Stew'd Carps and broil'd Eels
Spring Pye
Chine of Mutton with Pickles
Diſh of Scotch Collops
Diſh of Salmigondin.

Second Courſe.

Fat Chickens and tame Pigeons
Aſparagus and Lupins
Tanſy and Fritters
Diſh of Fruit of Sorts
Diſh of fry'd Soles
Diſh of Tarts, Cuſtards and Cheeſecakes.

For MARCH.

Firſt Courſe.

DISH of Fiſh of all Sorts
Soop de Santé
Weſtphalia Ham and Pigeons
Battallio Pye
Pole of Ling
Diſh of roaſted Tongues and Udders
Peaſe-Soop
Almond-Puddings of Sorts
Olives of Veal a-la-mode
Diſh of Mullets boil'd.

Second Courſe.

Broil'd Pike
Diſh of Notts, Ruffs, and Quails
Skerret Pye
Diſh of Jellies of Sorts
Diſh of Fruit of Sorts
Diſh of cream'd Tarts.

For

A Bill of Fare for

For April.

First Course.

Weſtphalia-Ham and Chickens
Diſh of haſh'd Carps
Biſque of Pigeons
Lumber Pye
Chine of Veal
Grand Sallad
Beef a-la-mode
Almond Florentines
Fricaſſee of Chickens
Diſh of Cuſtards.

Second Course.

Green Geeſe and Ducklings
Butter'd Crab, with Smelts fry'd
Diſh of ſucking Rabbits
Rock of Snow and Syllabubs
Diſh of ſouc'd Mullets
Butter'd Apple-Pye
March-Pain.

For May.

First Course.

Jole of Salmon, *&c.*
Cray-fiſh Soop
Diſh of ſweet Puddings of Colours
Chicken Pye
Calves-head haſh'd
Chine of Mutton
Grand Sallad
Roaſted Fowls a-la-daube
Roaſted Tongues and Udders
Ragoo of Veal, *&c.*

Second Course.

Diſh of young Turkeys larded and Quails
Diſh of Peaſe
Biſque of Shell-fiſh
Roaſted Lobſters
Green Geeſe
Diſh of Sweetmeats
Orangeado Pye
Diſh of Lemon and Chocolate Creams
Diſh of collar'd Eels, with Cray-fiſh.

For June.

First Course.

Roaſted Pike and Smelts
Weſtphalia-Ham and young Fowls
Marrow Puddings
Haunch of Veniſon roaſted
Ragoo of Lamb-Stones and Sweetbreads
Fricaſſee of young Rabbits, *&c.*
Umble Pyes
Diſh of Mullets
Roaſted Fowls
Diſh of Cuſtards.

Second Course.

Diſh of young Pheaſants
Diſh of fry'd Soles and Eels
Potato-Pye
Jole of Sturgeon
Diſh of Tarts and Cheeſe-cakes
Diſh of Fruit of Sorts
Syllabubs.

For

For JULY.

First Course.

COck Salmon with butter'd Lobster
Dish of Scotch Collops
Chine of Veal
Venison Pasty
Grand Sallad
Roasted Geese and Ducklings
Patty Royal
Roasted Pig larded
Stew'd Carps
Dish of Chickens boiled, with Bacon, *&c.*

Second Course.

Dish of Partridges and Quails
Dish of Lobsters and Prawns
Dish of Ducks and tame Pigeons
Dish of Jellies
Dish of Fruit
Dish of marinated Fish
Dish of Tarts of Sorts.

For AUGUST.

First Course.

WEstphalia-Ham and Chickens
Bisque of Fish
Haunch of Venison roasted
Venison Pasty
Roasted Fowls a-la-daube
Umble-Pyes
White Fricassees of Chickens
Roasted Turkeys larded
Almond Florentines
Beef a-la-mode.

Second Course.

Dish of Pheasants and Partridges
Roasted Lobsters
Broiled Pike
Creamed Tart
Rock of Snow and Syllabubs
Dish of Sweetmeats
Salmigondin.

For SEPTEMBER.

First Course.

BOil'd Pullets with Oysters, Bacon, *&c.*
Bisque of Fish
Battalio Pye
Chine of Mutton
Dish of Pickles
Roasted Geese
Lumber Pye
Olives of Veal with Ragoo
Dish of boil'd Pigeons with Bacon.

Second Course.

Dish of Ducks and Teal
Dish of fry'd Soles
Butter'd Apple-Pye
Jole of Sturgeon
Dish of Fruit
March-pane.

A Bill of Fare, &c.

For OCTOBER.

First Course.

WEſtphalia - Ham and Fowls
Cods-head with Shrimps and Oyſters
Haunch of Doe with Udder a-la-force
Minc'd-Pyes
Chine and Turkey
Biſque of Pigeons
Roaſted Tongues and Udders
Scotch Collops
Lumber-Pye.

Second Course.

Wild Fowl of Sorts
Chine of Salmon broil'd
Artichoke-Pye
Boil'd Eels and Smelts
Salmigondin
Diſh of Fruit
Diſh of Tarts and Cuſtards.

For NOVEMBER.

First Course.

BOil'd Fowls with Savoys, Bacon, *&c.*
Diſh of ſtew'd Carps and ſcollop'd Oyſters
Chine of Veal and Ragoo
Sallad and Pickles
Veniſon-Paſty
Roaſted Geeſe
Calves-head haſh'd
Diſh of Gurnets
Grand Patty
Roaſted Hen Turkey with Oyſters

Second Course.

Chine of Salmon and Smelts
Wild Fowl of Sorts
Potato-Pye
Slic'd Tongues with Pickles
Diſh of Jellies
Diſh of Fruit
Quince-Pye.

For DECEMBER.

First Course.

WEſtphalia - Ham and Fowls
Soop with Teal
Turbot, with Shrimps and Oyſters
Marrow Pudding
Chine of Bacon and Turkey
Battallio-Pye
Roaſted Tongue and Udder, and Hare
Pullets and Oyſters, Sauſages, *&c.*
Minc'd Pyes
Cods-head with Shrimps.

Second Course.

Roaſted Pheaſants and Partridges
Biſque of Shell-fiſh
Tanſy
Diſh of roaſted Ducks and Teals
Jole of Sturgeon
Pear-Tart cream'd
Diſh of Sweetmeats
Diſh of Fruit of Sorts.

LIBRARY.

THE

Compleat Houſewife:

OR,

Accompliſh'd Gentlewoman's COMPANION.

20.2.08.

COOKERY, &c.

To make a Soop.



TAKE a Leg of Beef, and boil it down with ſome Salt, a bundle of Sweet-herbs, an Onion, a few Cloves, a bit of Nutmeg; boil three gallons of Water to one; then take two or three pounds of lean Beef cut in thin ſlices; then put in your Stew-pan a piece of Butter, as big as an Egg, and flour it, and let the Pan be hot, and ſhake it till the Butter be brown; then lay your Beef in your Pan over a pretty quick Fire, cover it cloſe, give it a turn now and then, and ſtrain in your ſtrong Broth, with an

Anchovy or two, a handful of Spinnage and Endive boiled green, and drained and ſhred groſs: then have Pallets ready boiled and cut in pieces, and Toaſts fry'd and cut like dice, and Forc'd-meat Balls fry'd: Take out the fry'd Beef, and put all the reſt together with a little Pepper, and let it boil a quarter of an hour, and ſerve it up with a Knuckle of Veal, or a Fowl boiled in the middle.

Another Gravy Soop.

TAKE a Leg of Beef, and a piece of the Neck, and boil it till you have all the Goodneſs out of it; then ſtrain it from the Meat; then take half a pound of freſh Butter, and put it in a Stew-pan and brown it; then put in an Onion ſtuck with Cloves, ſome Endive, Sellary and Spinnage, and your ſtrong Broth, and ſeaſon it to your Palate with Salt, Pepper, and Spices; and let it boil together; and put in Chips of *French* Bread dried by the fire; and ſerve it up with a *French* Roll toaſted in the middle.

To make Craw-fiſh or Lobſter Soop.

TAKE Whitings, Flounders and Griggs, and put them in a gallon of Water, with Pepper, Salt, Cloves, Mace, a bunch of Sweet-herbs, a little Onion, and boil them to pieces, and ſtrain them out of the Liquor; then take a large Carp, and cut off the Fiſh of one ſide of it, and put ſome Eel to it, and make Forc'd-meat of it, and lay it on the Carp as before; dredge grated Bread over it, and butter a Diſh well, and put it in an Oven and bake it; then take an hundred of Craw-fiſh, break all the ſhells of the claws and tail, and take out the meat as whole as you can; then break all the Shells ſmall, and the ſpawn of a Lobſter, and put them to the Soop, (and if you pleaſe ſome Gravy; and give them a boil together; and ſtrain

the Liquor out into another Sauce-pan, with the tops of *French* Rolls dried and beat, and ſifted, and give it a boil up to thicken; then brown ſome Butter, and put in your tails and claws of your Crawfiſh, and ſome of your Forc'd-meat made into Balls, and put your baked Carp into the middle of the diſh, and pour your Soop on boiling hot, and your Crawfiſh or Lobſter in it; garniſh the diſh with Lemon and ſcalded Greens.

A Faſting-Day Soop.

TAKE Spinnage, Sorrel, Chervil and Lettuce, and chop them a little; then brown ſome Butter, and put in your Herbs, keep them ſtirring that they do not burn; then have boiling Water over the Fire, and put to it a very little Pepper, ſome Salt, a whole Onion ſtuck with Cloves, and a *French* Roll cut in ſlices and dried very hard, and ſome Piſtachia kernels blanched and ſhred fine, and let all boil together; then beat up the yolks of eight Eggs with a little White-wine and the Juice of a Lemon, and mix it with your Broth, and toaſt a whole *French* Roll, and put in the middle of your diſh, and pour your Soop over it; garniſh your diſh with ten or twelve poached Eggs and ſcalded Spinnage.

Savoury Balls.

TAKE part of a Leg of Lamb or Veal and ſcrape it fine, with the ſame quantity of minc'd Beef-ſuet, a little lean Bacon, ſweet-herbs, a Shallot, and Anchovies, beat it in a Mortar till it is as ſmooth as Wax; ſeaſon it with ſavoury Spice, and make it into little Balls.

Another Way.

TAKE the Fleſh of Fowl, Beef-ſuet and Marrow, the ſame quantity; ſix or eight Oyſters,

lean Bacon, ſweet-herbs and ſavoury Spices; pound it, and make it into little Balls.

A Caudle for Sweet Pyes.

TAKE Sack and White-wine alike in quantity, a little Verjuice and Sugar, boil it, and brew it with two or three Eggs, as butter'd Ale; when the Pyes are baked, pour it in at the Funnel, and ſhake it together.

A Lear for ſavoury Pyes.

TAKE Claret, Gravy, Oyſter Liquor, two or three Anchovies, a faggot of ſweet Herbs and an Onion; boil it up and thicken it with brown Butter, then pour it into your ſavoury Pyes when called for.

A Ragoo for made Diſhes.

TAKE Claret, Gravy, ſweet Herbs, and ſavoury Spice, toſs up in it Lamb-ſtones, Cock's-Combs, boiled, blanched and ſliced, with ſliced Sweet-meats, Oyſters, Muſhrooms, Truffles, and Murrells; thicken theſe with brown Butter, uſe it when called for.

To make Plumb-Porridge.

TAKE a Leg and Shin of Beef to ten gallons of Water, boil it very tender, and when the Broth is ſtrong, ſtrain it out, wipe the Pot, and put in the Broth again; ſlice ſix Penny-loaves thin, cutting off the top and bottom; put ſome of the liquor to it, cover it up, and let it ſtand a quarter of an hour, and then put it in your Pot, let it boil a quarter of an hour, then put in five pounds of Currants, let them boil a little, and put in five pounds of Raiſins, and two pounds of Prunes, and let them

boil

boil till they ſwell; then put in three quarters of an ounce of Mace, half an ounce of Cloves, two Nutmegs, all of them beat fine, and mix it with a little liquor cold, and put them in a very little while, and take off the Pot, and put in three pounds of Sugar, a little Salt, a quart of Sack, and a quart of Claret, the juice of two or three Lemons; you may thicken with Sagoe inſtead of Bread, if you pleaſe; pour them into earthen Pans, and keep them for Uſe.

A Soop or Pottage.

TAKE ſeveral knuckles of Mutton, a knuckle of Veal, a Shin of Beef, and put to theſe twelve quarts of Water, cover the Pot cloſe, and ſet it on the fire; let it not boil too faſt; ſcum it well, and let it ſtand on the fire twenty-four hours; then ſtrain it through a Colander, and when 'tis cold take off the Fat, and ſet it on the fire again, and ſeaſon it with Salt, a few Cloves, Pepper, a blade of Mace, a Nutmeg quartered, a bunch of Sweet-herbs, and a pint of Gravy; let all theſe boil up for half an hour, and then ſtrain it, put Spinnage, Sorrel, green Peas, Aſparagus, or Artichoke-bottoms, according to the time of year; then thicken it up with the yolks of three or four Eggs; have in readineſs ſome Sheep's Tongues, Coxcombs, and Sweetbreads ſliced thin and fried, and put them in, and ſome Muſhrooms, and *French* Bread dried and cut in little bits, ſome Forc'd-meat Balls, and ſome very thin ſlices of Bacon; make all theſe very hot, and garniſh the diſh with Colworts and Spinnage ſcalded green.

To make Peas Pottage.

TAKE a quart of white Peas, a piece of Neck beef, and four quarts of fair Water, and boil them till they are all to pieces, then ſtrain them

through a Colander; then take an handful or two of Spinnage, a top or two of young Coleworts, and a very ſmall Leek; ſhred the Herbs a little, and put them into a Frying-pan, or Stew-pan, with three quarters of a pound of freſh Butter, but the Butter muſt be very hot before you put in your Herbs; let them fry a little while, then put in your liquor; and two or three Anchovies, ſome Salt and Pepper to your taſte, a ſprig of Mint rubb'd in ſmall, and let all boil together till you think it is thick enough; then have in readineſs ſome Forc'd meat, and make three or fourſcore Balls, about the bigneſs of large Peas, fry them brown, and put them in the diſh you ſerve it in, and fry ſome thin ſlices of Bacon, put ſome in the diſh and ſome on the brim of the diſh, with ſcalded Spinnage; fry ſome Toaſts after the Balls brown and hard, and break them into the Diſh; then pour your Pottage over all, and ſerve to the Table.

To make ſtrong Broth to keep for Uſe.

TAKE part of a Leg of Beef, and the Scrag-end of a Neck of Mutton, and break the Bones in pieces, and put to it as much Water as will cover it, and a little Salt; and when it boils, ſcum it clean, and put into it a whole Onion ſtuck with Cloves, a bunch of Sweet-herbs, ſome Pepper, a Nutmeg quartered; let theſe boil till the Meat is boiled in pieces, and the Strength boiled out of it; then put to it two or three Anchovies, and when they are diſſolved, ſtrain it out; and keep it for any ſort of Haſh or Fricaſy.

To make Forc'd Meat.

TAKE part of a Leg of Mutton, Veal or Beef, and pick off the Skins and Fat, and to every pound of Meat put two pounds of Beef-ſuet; ſhred them together very fine, then ſeaſon it with Pep-

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per, Salt, Cloves, Mace, Nutmeg, and Sage; then put all into a ſtone Mortar, and to every two pounds of Meat put half a pint of Oyſters and ſix Eggs well beaten, then mix them all together, and beat it very well; then keep it in an earthen Pot for your uſe; put a little Flour on the top, and when you roll them up flour your Hands.

A Lamb Pye.

CUT a hind quarter of Lamb into thin ſlices, ſeaſon it with ſweet Spices, and lay it in the Pye, mix'd with half a pound of Raiſins of the Sun ſtoned, half a pound of Currants, two or three *Spaniſh* Potatoes boil'd, blanched, and ſliced; or an Artichoke bottom or two, with Prunella's, Damſons, Gooſeberries, Grapes, Citron and Lemon Chips: Lay on Butter, and cloſe the Pye; when 'tis baked make a Caudle for it.

A Chicken Pye.

TAKE ſix ſmall Chickens; roll up a piece of Butter in ſweet Spice, and put it into them; then ſeaſon them, and lay them in the Pye, with the Marrow of two Bones, with Fruit and Preſerves, as the Lamb Pye, with a Caudle.

A Lumber Pye.

TAKE a pound and a half of a Fillet of Veal, and mince it with the ſame quantity of Beef-ſuet; ſeaſon it with ſweet Spice, five Pippins, an handful of Spinnage, and an hard Lettuce, Thyme and Parſley: Mix it with a penny grated white Loaf, the Yolks of Eggs, Sack and Orange-flower Water, a pound and a half of Currants and Preſerves, as the Lamb Pye, with a Caudle. An Humble Pye is made the ſame way.

A Lamb Pye.

CUT a hind quarter of Lamb into thin ſlices; ſeaſon it with ſavoury Spice, and lay them in the Pye with an hard Lettuce, and Artichoke bottoms, the tops of an hundred of Aſparagus: Lay on Butter, and cloſe the Pye. When it is bak'd, pour into it a Lear.

A Mutton Pye.

SEASON your Mutton-ſteaks with ſavoury Spice; fill the Pye, lay on the Butter, and cloſe the Pye: When it is baked, toſs up a handful of chopp'd Capers, Cucumbers and Oyſters, in Gravy, an Anchovy, and drawn Butter.

A Pigeon Pye.

TRUSS and ſeaſon your Pigeons with ſavoury Spice, lard them with Bacon, and ſtuff them with Forc'd-meat, and lay them in the Pye with the Ingredients for ſavoury Pyes, with Butter, and cloſe the Pye. A Lear. A Chicken or Capon Pye is made the ſame way.

A Battalia Pye.

TAKE four ſmall Chickens, four ſquab Pigeons, four ſucking Rabbets; cut them in pieces, ſeaſon them with ſavoury Spice, and lay 'em in the Pye, with four Sweetbreads ſliced, and as many Sheep's-tongues, two ſhiver'd Palates, two pair of Lamb-ſtones, twenty or thirty Coxcombs, with ſavoury Balls and Oyſters. Lay on Butter, and cloſe the Pye. A Lear.

A Neats-Tongue Pye.

HALF boil the Tongues, blanch and ſlice them; ſeaſon them with ſavoury Spice, with Balls,

Balls, ſliced Lemon and Butter, and cloſe the Pye. When it is bak'd, pour into it a Ragoo.

To pickle Oyſters.

TAKE a quart of Oyſters, and waſh them in their own Liquor very well, till all the grittineſs is out; put them in a Sauce-pan or Stew-pan, and ſtrain the Liquor over them, ſet them on the fire, and ſcum them; then put in three or four blades of Mace, a ſpoonful of whole Pepper-corns; when you think they are boiled enough, throw in a glaſs of White-wine; let them have a thorough ſcald; then take them up, and when they are cold, put them in a Pot, and pour the Liquor over them, and keep them for uſe. Take them out with a Spoon.

To collar Eels.

TAKE your Eel and cut it open; take out the Bones, and cut off the Head and Tail, and lay the Eel flat on a Dreſſer, and ſhred Sage as fine as poſſible, and mix it with Black Pepper beat, Nutmeg grated, and Salt, and lay it all over the Eel, and roll it up hard in little Cloths, and tye it up tight at each end: then ſet over ſome Water with Pepper and Salt, five or ſix Cloves, three or four blades of Mace, a Bay-leaf or two; boil it and the Bones and Head and Tail well together; then take out the Head and Tail, and put it away, and put in your Eels, and let them boil till they are tender; then take them out of the Liquor, and boil the Liquor longer; then take it off, and when 'tis cold, put it to your Eels, but do not take off the little Cloths till you uſe them.

To pot Lobſters.

TAKE a dozen of large Lobſters; take out all the Meat of their Tails and Claws after they are

are boil'd; then ſeaſon them with beaten Pepper, Salt, Cloves, Mace, and Nutmeg, all finely beaten and mix'd together; then take a Pot, put therein a layer of freſh Butter, upon which put a layer of Lobſter, and then ſtrew over ſome Seaſoning, and repeat the ſame till your Pot is full, and your Lobſter all in; bake it about an hour and half, then ſet it by two or three days, and it will be fit to eat. It will keep a Month or more, if you pour from it the Liquor when it comes out of the Oven, and fill it up with clarified Butter. Eat it with Vinegar.

Hung Beef.

MAKE a ſtrong Brine with Bay-ſalt, and Petre-ſalt, and Pump-water, and ſteep therein a Rib of Beef for nine days; then hang it up in a Chimney where Wood or Saw-duſt is burnt; when 'tis a little dry, waſh the out-ſide with Blood two or three times, to make it look black, and when 'tis dried enough, boil it for uſe.

To roaſt a Cod's Head.

TAKE the Head, waſh and ſcour it very clean, then ſcotch it with a Knife, and ſtrew a little Salt on it; and lay it on a Stew-pan before the fire, with ſomething behind it; throw away the Water that runs from it the firſt half hour, then ſtrew on it ſome Nutmeg, Cloves and Mace, and Salt, and baſte it often with Butter, turning it till it is enough. If it be a large Head it will take four or five hours roaſting; then take all the Gravy of the Fiſh, as much White-wine, and more Meat-Gravy, ſome Horſe-raddiſh, one or two Eſchalots, a little ſliced Ginger, ſome whole Pepper, Cloves, Mace, and Nutmeg, a Bay-leaf or two; beat this Liquor up with Butter and the Liver of the Fiſh boiled, and broke, and ſtrained into it, and the yolks of two or three Eggs, ſome Oyſters and Shrimps, and Balls made of Fiſh,

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and fried Fiſh round it. Garniſh with Lemon and Horſe-raddiſh.

To pickle Ox-Palates.

TAKE your Palates and waſh them well with Salt in the Water, and put them in a Pipkin with Water and ſome Salt, and when they are ready to boil, ſcum them very well, and put into them whole Pepper, Cloves and Mace, as much as will give them a quick taſte: When they are boiled tender (which will require four or five hours) peel them and cut them into ſmall pieces, and let them cool; then make the Pickle of White-wine Vinegar, and as much White-wine; boil the Pickle, and put in the Spice as was boiled in the Palates, and a litte freſh Spice: put in ſix or ſeven Bay-leaves, and let both Pickle and Palates be cold before you put them together; then keep them for uſe.

To make a Ragoo of Pigs-Ears.

TAKE a quantity of Pigs-Ears, and boil them in one half Wine and the other Water; cut them in ſmall pieces, then brown a little Butter, and put them in, and a pretty deal of Gravy, two Anch vies, an Eſchalot or two, a little Muſtard, and ſome ſlices of Lemon, ſome Salt, and Nutmeg; ſtew all theſe together, and ſhake it up thick. Garniſh the Diſh with Barberies.

To make Collar'd Beef.

TAKE a Flank of Beef, ſalt it with White-Salt, and let it lie forty-eight hours; then waſh it, and hang it in the Wind to dry twenty-four hours; then take Pepper, Salt, Cloves, Mace, and Nutmegs, and Salt Petre, all beaten fine, and mix them together, and rub it all over the inſide, and roll it up hard, and tye it faſt with Tape; put

it

it in a Pan with a few Bay-leaves, and four pounds of Butter, and cover the Pot with Rye-paſte, and bake it with Houſhold-bread.

To ſtew Oyſters in French *Rolls.*

TAKE a quart of large Oyſters; waſh them in their own Liquor, and ſtrain it, and put them in it with a little Salt, ſome Pepper, Mace, and ſliced Nutmeg; let the Oyſters ſtew a little with all theſe things, and thicken them up with a great deal of Butter; then take ſix *French* Rolls, cut a piece off the top, and take out the Crumb, and take your Oyſters boiling hot, and fill the Rolls full, and ſet them near the fire on a Chafing-diſh of Coals, and let them be hot through, and as the Liquor ſoaks in, fill them up with more, if you have 'em, or ſome hot Gravy: So ſerve them up inſtead of a Pudding.

A Veal Pye.

RAISE an high Pye. then cut a Fillet of Veal into three or four Fillets, ſeaſon it with ſavoury Spice, a little minc'd Sage and ſweet Herbs; lay it in the Pye, with ſlices of Bacon at the bottom, and betwixt each piece lay on Butter, and cloſe the Pye.

A Turkey Pye.

BONE the Turkey, ſeaſon it with ſavoury Spice, and lay it in the Pye with two Capons, or two Wild-Ducks cut in pieces to fill up the Corners; lay on Butter, and cloſe the Pye.

A Florendine of a Kidney of Veal.

SHred the Kidney, Fat and all, with a little Spinnage, Parſley and Lettuce, three Pippins

pins and Orange-peel; ſeaſon it with ſweet Spice and Sugar, and a good handful of Currants, two or three grated Biſkets, Sack and Orange-flower-water, two or three Eggs; mix it into a body, and put it into a Diſh, being covered with Puff-paſte, lay on a cut Lid, and garniſh the brim.

A Marrow-Pudding.

BOIL a quart of Cream or Milk, with a ſtick of Cinnamon, a quarter'd Nutmeg and large Mace; then mix it with eight Eggs well beat, a little Salt, Sugar, Sack, and Orange-flower-water; ſtrain it, then put to it three grated Biſkets, an handful of Currants, as many Raiſins of the Sun, the Marrow of two Bones, all in four large pieces, then gather to a body over the fire; then put it into a Diſh, having the brim thereof garniſhed with Puff-paſte, and raiſed in the Oven; then lay on the four pieces of Marrow, Knots, and Paſtes, ſliced Citron and Lemon-peel.

A Calves-Foot Pudding.

TAKE Calves-feet, ſhred them very fine, and mix them with a Peny-loaf grated and ſcalded with a pint of Cream; put to it half a pound of ſhred Beef-ſuet, eight Eggs, and a handful of plump'd Currants; ſeaſon it with ſweet Spice and Sugar, a little Sack and Orange-flower-water, the Marrow of two Bones; then put it in a Veal Caul, being waſhed over with the batter of Eggs, then wet a Cloth and put it therein, tie it cloſe up; when the Pot boils, put it in; boil it about two hours; then turn it in a diſh, and ſtick on it ſliced Almonds and Citron; let the Sauce be Sack and Orange-flower-water, with Lemon-juice, Sugar and drawn Butter.

To ſtuff a Shoulder or Leg of Mutton with Oyſters.

TAKE a little grated Bread, ſome Beef-ſuet, yolks of hard Eggs, three Anchovies, a bit of an Onion, Salt and Pepper, Thyme and Winter-ſavoury, twelve Oyſters, ſome Nutmeg grated; mix all theſe together, and ſhred them very fine, and work them up with raw Eggs like a Paſte, and ſtuff your Mutton under the Skin in the thickeſt Place, or where you pleaſe, and roaſt it; and for Sauce take ſome of the Oyſter-liquor, ſome Claret, two or three Anchovies, a little Nutmeg, a bit of an Onion, the reſt of the Oyſters: Stew all theſe together, then take out the Onion, and put it under the Mutton.

To boil a Pike.

CUT open a living Pike, gut it, and ſcour the outſide and inſide very well with Salt, then waſh it clean, and have in Readineſs a Pickle to boil it in, Water, Vinegar, Mace, whole Pepper, a bunch of ſweet Herbs, and a ſmall Onion; there muſt be Liquor enough to cover it; when the Liquor boils put in the Pike, and make it boil ſoon, (half an hour will boil a very large Pike;) make your Sauce with White-wine, a little of the Liquor, two Anchovies, ſome Shrimps, or Lobſter, or Crab; beat and mix with it grated Nutmeg, and Butter flower'd to thicken it; pour your Sauce over the Fiſh, garniſh'd with Horſe-raddiſh and ſlic'd Lemmon.

To roaſt a Pike.

TAKE a large Pike, gut it, and clean it, and lard it with Eel and Bacon, as you lard a Fowl;

Fowl; then take Thyme and Savoury, Salt, Mace, and Nutmeg, ſome Crumbs of Bread, Beef-ſuet, and Parſley; ſhred all very fine, and mix it up with raw Eggs; make it in a long Pudding, and put it in the belly of your Pike, ſkewer up the belly, and diſſolve Anchovies in Butter, and baſte it with it; put two Splints on each ſide the Pike, and tye it to the Spit; melt Butter thick for the Sauce, or if you pleaſe, Oyſter-ſauce, and bruiſe the Pudding in it. Garniſh with Lemon.

A Ragoo of Sweet-breads.

TAKE your Sweet-breads and ſkin them, and put ſome Butter in the Frying-pan, and brown it with Flour, and put the Sweet-breads in; ſtir them a little and turn them; then put in ſome ſtrong Broth and Muſhrooms, ſome Pepper and Salt, Cloves and Mace; let them ſtew half an hour; then put in ſome Forc'd-meat Balls, ſome Artichoke-bottoms cut ſmall and thin; make it thick, and ſerve it up with ſliced Lemon.

A Ragoo of Oyſters.

PUT into your Stew-pan a quarter of a pound of Butter, let it boil; then take a quart of Oyſters, ſtrain them from their Liquor, and put them to the Butter; let them ſtew with a bit of Eſchalot ſhred very fine, and ſome grated Nutmeg, and a little Salt; then beat the yolks of three or four Eggs with the Oyſter-liquor and half a pound of Butter, and ſhake all very well together till 'tis thick, and ſerve it up with Sippets, and garniſh with ſliced Lemon.

To mumble Rabbets and Chickens.

PUT into the Bellies of your Rabbets, or Chickens, ſome Parſley, an Onion, and the Liver;

Liver; ſet it over the Fire in the Stew-pan with as much Water as will cover them, with a little Salt; when they are half boiled take them out, and ſhred the Parſley, Liver, and Onion, and tear the Fleſh from the Bones of the Rabbet in ſmall flakes, and put it into the Stew-pan again with a very little of the Liquor it was boiled in, and a pint of White-wine, and ſome Gravy, and half a pound or more of Butter, and ſome grated Nutmeg; when 'tis enough, ſhake in a little Flower, and thicken it up with Butter. Serve it on Sippets.

To ſtew Muſhrooms.

TAKE ſome ſtrong Broth, and ſeaſon it with a bunch of Sweet-herbs, ſome Spice and Anchovies, and ſet it over the Fire till 'tis hot; then put in the Muſhrooms, and juſt let them boil up; then take ſome yolks of Eggs, with a little minced Thyme and Parſley, and ſome grated Nutmeg, and ſtir it over the Fire till 'tis thick. Serve it up with ſliced Lemon.

To collar a Calf's-Head.

TAKE a Calf's Head with the Skin and Hair upon it; then ſcald it to fetch off the Hair; then parboil it, but not too much; then get it clean from the Bones while it is hot; you muſt ſlit it on the fore-part; ſeaſon it with Pepper, Salt, Cloves, Mace, Nutmeg, and Sweet-herbs, ſhred ſmall, and all mix'd together with the yolks of three or four Eggs, and ſpread it over the Head, and roll it up hard. Boil it gently for three hours, in juſt as much Water as will cover it; when 'tis tender 'tis boiled enough. If you do the Tongue, firſt boil it and peel it, and ſlice it in thin ſlices, and likewiſe the Palate, and put them and the Eyes in the inſide of the Head before you roll it up. When the Head is taken out, ſeaſon the Pickle with

with Salt, Pepper and Spice, and give it a boil, adding to it a pint of White-wine and as much Vinegar. When 'tis cold, put in the Collar; and when you uſe it, cut it in ſlices.

To collar Cow-Heels.

TAKE five or ſix Cow-Heels or Feet, and bone them while they are hot, and lay them one upon another, ſtrewing ſome Salt between; then roll them up in a coarſe Cloth, and ſqueeze in both ends, and tye them up very hard; boil it an hour and half: then take it out, and when it's cold put it into common Souce-drink for Brawn. Cut off a little at each end, it looks better. Serve it in ſlices, or in the Collar, as you pleaſe.

A Tanſy.

BOIL a quart of Cream or Milk with a ſtick of Cinnamon, quarter'd Nutmeg, and large Mace; when half cold, mix it with twenty yolks of Eggs, and ten whites; ſtrain it, then put to it four grated Biſkets, half a pound of Butter, a pint of Spinnage-Juice, and a little Tanſy, Sack, and Orange-flower Water, Sugar, and a little Salt; then gather it to a body over the Fire, and pour it into your Diſh, being well butter'd: When it is baked, turn it on a Pye-plate; ſqueeze on it an Orange, grate on Sugar, and garniſh it with ſlic'd Orange and a little Tanſy. Made in a Diſh; cut as you pleaſe.

Scotch Collops.

CUT your Collops off a Fillet of Veal; cut them thin, hack them and fry them in freſh Butter; then take them out and brown your Pan with Butter and Flower, as you do for a Soop. Do not make it too thick; put in your Collops and

ſome Bacon cut thin and fryed, and ſome Forc'd-meat Balls fryed, ſome Muſhrooms, Oyſters, Artichoke-bottoms diced, Lemon, and Sweet-breads, or Lamb-ſtones; ſome ſtrong Broth, Gravy, and thick Butter; toſs up all together. Garniſh the Diſh with ſliced Lemon.

To ſtew a Rump of Beef.

SEASON your Rump of Beef with two Nutmegs, ſome Pepper and Salt, and lay the Fat ſide downward in your Stew-pan; put to it a quarter of a pint of Vinegar, a pint of Claret, three pints of Water, three whole Onions ſtuck with a few Cloves, and a bunch of Sweet-herbs; cover it cloſe, and let it ſtew over a gentle Fire four or five hours; ſcum off the Fat from the Liquor. Lay your Meat on Sippets, and pour your Liquor over it. Garniſh your Diſh with ſcalded Greens.

To roaſt an Eel.

TAKE a large Eel, and ſcour him well with Salt; then ſkin him almoſt to the Tail; then gut, and waſh, and dry him; then take a quarter of a pound of Suet, ſhred as fine as poſſible, put to it Sweet-herbs and Eſchalot likewiſe, ſhred very fine, and mix it together with ſome Salt, Pepper, and grated Nutmeg; ſcotch your Eel on both ſides the breadth of a Finger's diſtance, and waſh it with yolks of Eggs, and ſtrew ſome Seaſoning over it, and ſtuff the Belly with it; then draw the ſkin over it; put a long Skewer through it, and tye it to a Spit, and baſte it with Butter, and make the Sauce Anchovy and Butter melted.

To make a Pale Fricaſy.

TAKE Lamb, Chicken, or Rabbets, cut in pieces, waſh it well from the Blood, then put

put it in a broad Pan or Stew-pan; put in as much fair Water as will cover it; put in Salt, a bunch of Sweet-herbs, ſome Pepper, an Onion, two Anchovies, and ſtew it till 'tis enough; then mix in a Poringer ſix yolks of Eggs, a Glaſs of White-wine, a Nutmeg grated, a little chopp'd Parſley, a piece of freſh Butter, and three or four ſpoonfuls of Cream; beat all theſe together, and put it into your Stew-pan, and ſhake it together till 'tis thick. Diſh it on Sippets, and garniſh with ſliced Lemon.

To pickle Oyſters.

OPEN your Oyſters, and get the Grit from them, and ſtew them in their own Liquor in an earthen Pipkin till they are tender; then take up the Oyſters, and cover them, that they may not be diſcoloured; then increaſe the Liquor with as much more Water, and let it boil till one third is conſumed; then put your Oyſters into your Pot or Barrel, laying between the rows ſome whole Pepper and Spice, and a few Bay-leaves; and when the Pickle is cold, put it to your Oyſters, and keep them very cloſe covered.

To haſh a Calf's Head.

BOIL your Calf's Head almoſt enough, and when 'tis cold, cut the Meat in thin ſlices clean from the Bone, and put it into a Stew-pan, with ſome ſtrong Broth, a glaſs of White-wine, ſome Oyſters and their Liquor, a bunch of Sweet-herbs, two or three Eſchalots, a Nutmeg quartered, and let theſe ſtew on a ſlow Fire till they are enough; then put in two or three Anchovies, the yolks of four Eggs well beaten, and a piece of Butter, and thicken it up, then have ready fry'd ſome thin ſlips of Bacon, ſome Forc'd-meat Balls, ſome large Oyſters dipp'd in Butter; the Brains firſt

boiled and then fried, ſome Sweet-breds cut in ſlices, ſome Lamb-ſtones cut in rounds; then put your Haſh in your Diſh, and the other things, ſome round and ſome on it. Garniſh the Diſh with ſliced Lemon.

To make Scotch Collops.

CUT thin ſlices out of a Leg of Veal, as many as you think will ſerve for a Diſh, and hack them, and lard ſome with Bacon, and fry them in Butter; then take them out of the Pan, and keep them warm, and clean the Pan, and put into it half a pint of Oyſters, with their Liquor, and ſome ſtrong Broth, one or two Eſchalots, a glaſs of White-wine, two or three Anchovies minced, ſome grated Nutmeg; let theſe have a boil up, and thicken it with four or five Eggs and a piece of Butter, and then put in your Collops, and ſhake them together till 'tis thick; put dried Sippets on the bottom of the Diſh, and put your Collops in, and ſo many as you pleaſe of the things in your Haſh.

A Fricaſy of Chickens.

AFTER you have drawn and waſh'd your Chickens, half boil them; then take them up and cut them in pieces, and put them into a Frying-pan, and fry them in Butter; then take them out of the Pan and clean it, and put in ſome ſtrong Broth, ſome White-wine, ſome grated Nutmeg, a little Pepper and Salt, a bunch of Sweet-Herbs, and an Eſchalot or two; let theſe, with two or three Anchovies, ſtew on a ſlow Fire and boil up; then beat it up with Butter and Eggs till 'tis thick, and put your Chickens in, and toſs them well together; lay Sippets in the Diſh, and ſerve it up with ſliced Lemon and fried Parſley.

A fine Side Diſh.

TAKE Veal, Chicken, or Rabbet, with as much Marrow, or Beef-ſuet, as Meat; with a little Thyme, Lemon-peel, Marjoram, two Anchovies waſh'd and bon'd; a little Pepper, Salt, Mace and Cloves; bruiſe the yolks of hard Eggs, ſome Oyſters, or Muſhrooms; mix all theſe together, and chop them, and beat them in a Mortar very fine; then ſpread the Caul of a Breaſt of Veal on a Table, and lay a Layer of this, and a Layer of middling Bacon, cut in thin ſmall Pieces, and roll it up hard in the Caul, roaſt or bake it as you like. Cut it into thin ſlices, and lay it in your Diſh, with a rich Gravy-Sauce.

Gravy to keep for Uſe.

TAKE a piece of coarſe Beef, cover it with Water; when it has boil'd ſome time, take out the Meat, beat it very well, and cut it in pieces to let out the Gravy; then put it in again, with a bunch of Sweet-herbs, an Onion ſtuck with Cloves, a little Salt, ſome whole Pepper; let it ſtew, but not boil; when 'tis of a brown Colour 'tis enough; take it up, put it in an earthen Pot, and let it ſtand to cool; when 'tis cold ſcum off the Fat; it will keep a Week, unleſs the Weather be very hot. If for a brown Fricaſy, put ſome Butter in your Frying pan, and ſhake in a little Flower as it boils, and put in ſome Gravy, with a Glaſs of Claret, and ſhake up the Fricaſy in it: If for a white Fricaſy, then melt your Butter in the Gravy, with a little White-wine, a ſpoonful or two of Cream, and the yolks of Eggs.

An Amulet of Eggs the ſavoury Way.

TAKE a Dozen of Eggs, beat them very well, and ſeaſon them with Salt, and a little Pepper, then have your Frying-pan ready, with a good deal of freſh Butter in it, and let it be throughly hot; then put in your Eggs, with four ſpoonfuls of ſtrong Gravy, and have ready Parſley, and a few Chieves cut, and throw them over it, and when 'tis enough turn it; and when done diſh it, and ſqueeze Orange or Lemon over it.

A Fricaſy of Rabbets.

CUT and waſh your Rabbets very well, and put them in a Frying-pan, with a pound of Butter, an Onion ſtuck with Cloves, a bunch of Sweet-herbs, and ſome Salt; let it ſtew till 'tis enough; then beat up the yolks of ſix Eggs, with a Glaſs of White-wine, a little Parſley ſhred, a Nutmeg grated, and mix it by degrees with the Liquor in your Pan, and ſhake it till 'tis thick, and ſerve it up on Sippets. Garniſh the Diſh with ſliced Lemon.

A Fricaſy of Double Tripe.

CUT your Tripe in ſlices, two Inches long, and put it into a Stew-pan; put to it a quarter of a pound of Capers, as much Samphire ſhred, half a pint of ſtrong Broth, as much White-wine, a bunch of Sweet-herbs, a Lemon ſhred ſmall; ſtew all theſe together till 'tis tender; then take it off the Fire, and thicken up the Liquor with the yolks of three or four Eggs, a little Parſley boiled green and chopp'd, ſome grated Nutmeg and Salt; ſhake it well together. Serve it on Sippets. Garniſh with Lemon.

A Fricaſy of Ox-Palates.

MAKE the Gravy thus: Take two pounds of Beef, cut it in little bits, and put it in a Sauce-pan, with a quart of Water, ſome Salt, ſome whole Pepper, an Onion, an Eſchalot or two, two or three Anchovies, a bit of Horſe-radiſh; let all theſe ſtew till 'tis a ſtrong Gravy; then ſtrain it out, and ſet it by; then have ten or twelve Ox-Palates, boil them till they are tender, and peel them, and cut them in ſquare pieces; then flay and draw two or three Chickens, and cut them between every Joint, and ſeaſon them with a little Nutmeg, Salt, and ſhred Thyme, and put them in a Pan, and fry them with Butter; when they are half fry'd, then put in half your Gravy, and all your Palates, and let them ſtew together, and put the reſt of your Gravy into a Sauce-pan, and when it boils, thicken it up with the yolks of three or four Eggs, beaten with a Glaſs of White-wine, and a piece of Butter, and three or four ſpoonfuls of thick Cream; then pour all into your Pan, ſhake it well together, and diſh it up. Garniſh with pickled Grapes.

A Fricaſy of great Plaice or Flounders.

RUN your Knife all along upon the Bone on the back-ſide of your Plaice, then raiſe the Fleſh on both ſides from the Head to the Tail, and take out the Bone clear; then cut your Plaice in ſix Collops, dry it very well from the Water, ſprinkle it with Salt, and flour it well, and fry it in a very hot Pan of Beef-dripping, ſo that it may be criſp; take it out of the Pan and keep it warm before the Fire; then make clean the Pan, and put into it Oyſters and their Liquor, ſome White-wine, the Meat out of the Shell of a Crab or two. Mince half the Oyſters, ſome grated Nutmeg, three An-

chovies. Let all theſe ſtew up together; then put in half a pound of Butter, and put in your Plaice, and toſs them well together, and diſh them on Sippets, and pour the Sauce over them. Garniſh the Diſh with yolks of hard Eggs minced, and ſliced Lemon. After this manner do Salmon or any firm Fiſh.

A Craw-fiſh Soop.

CLeanſe your Craw-fiſh, and boil them in Water, Salt and Spice, pull off their Feet and Tails, and fry them; break the reſt of them in a Stone Mortar, ſeaſon them with ſavoury Spice and an Onion, hard Eggs, grated Bread and Sweet-herbs boiled in ſtrong Broth; ſtrain it, then put to it ſcalded chopp'd Parſley and *French* Rolls, then put them therein with a few dried Muſhrooms; garniſh the Diſh with ſliced Lemon, and the Feet and Tails of the Craw-fiſh. A Lobſter Soop is done the ſame way.

To boil Mullet, or any ſort of Fiſh.

SCALE your Fiſh, and waſh them, ſaving their Liver, or Tripes, Roſes, or Spawn; boil them in Water that is ſeaſoned with Salt, White-wine Vinegar, White-wine, a bunch of Sweet-herbs, a ſliced Lemon, one or two Onions, ſome Horſe-radiſh; and when it boils up, put in your Fiſh, and for Sauce, a pint of Oyſters with their Liquor, a Lobſter bruiſed or minced, or Shrimps, ſome White-wine, two or three Anchovies, ſome large Mace, a quartered Nutmeg, a whole Onion. Let theſe have a boil up, and thicken it with Butter and the yolks of two or three Eggs. Serve it on Sippets, and garniſh with Lemon.

To butter Shrimps.

STEW a quart of Shrimps in half a pint of White-wine, a Nutmeg grated, and a good piece of Butter; when the Butter is melted, and they are hot through, beat the yolks of four Eggs with a little White-wine, and pour it in, and ſhake it well, till 'tis of the Thickneſs you like; then diſh it on Sippets, and garniſh with ſliced Lemon.

To butter Crabs or Lobſters.

YOUR Crabs or Lobſters being boiled and cold, take all the Meat out of the Shells and Body, break the Claws, and take out all their Meat, mince it ſmall, and put it all together, and add to it two or three ſpoonfuls of Claret, a very little Vinegar, a Nutmeg grated; then let it boil up till 'tis thorough hot; then put in ſome Butter melted, with ſome Anchovies and Gravy, and thicken up with the yolks of an Egg or two; and when 'tis very hot, put it in the large Shell, and ſtick it with Toaſts.

To roaſt Lobſters.

TIE your Lobſters to the Spit alive, baſte them with Water and Salt till they look very red, and are enough; then baſte them with Butter and Salt, take them up, and ſet little Diſhes round with the Sauce, ſome plain melted Butter, ſome Oyſter Sauce.

To ſtew a Carp.

TAKE a living Carp, and cut him in the Neck and Tail, and ſave the Blood; then open him in the Belly; take heed you do not break the Gall,

Gall, and put a little Vinegar into the Belly to waſh out the Blood; ſtir all the Blood with your Hand; then put your Carp into a Stew-pan; if you have two Carps, you may cut off one of their Heads an inch below the Gills, and ſlit the Body in two, and put it into your Stew-pan after you have rubbed them with Salt; but before you put them in, your Liquor muſt boil; a quart of Claret, or as much as will cover them, the Blood you ſaved, an Onion ſtuck with Cloves, a bunch of Sweet-herbs, ſome Gravy, three Anchovies. When this Liquor boils up, put in your Fiſh, and cover it cloſe, and let it ſtew up for about a quarter of an hour; then turn it, and let it ſtew a little longer; then put your Carp in a Diſh, and beat up the Sauce with Butter melted in Oyſter-Liquor, and pour your Sauce over it. Your Milt, Spawn and Rivets, muſt be laid on the top. Garniſh the Diſh with fried Smelts, Oyſters or Spitchcock Eel, Lemon and fried Parſley.

Another Way to ſtew Carp.

TAKE two Carps, ſcale and rub them well with Salt; then cut them in the Nape of the Neck and round the Tail, to make them bleed. Cut up the Belly, take out the Liver and Guts, and if you pleaſe to cut each Carp in three pieces, they will eat the firmer; then put them in a Stew-pan, with their Blood, a quart of Claret, a bunch of Sweet-herbs, an Onion, one or two Eſchalots, a Nutmeg, a few Cloves, Mace, whole Pepper; cover them cloſe, and let them ſtew till they be half enough; then turn them, and put in half a pound of freſh Butter, four Anchovies, the Liver and Guts, taking out the Gall, and let them ſtew till they are enough; then beat the yolks of five or ſix Eggs, with a little Verjuice, and by degrees mix it with the Liquor the Carp was ſtewed in. Juſt give it a ſcald to thicken it, then put your

Carp

Carp in a Diſh, and pour this over it. Garniſh the Diſh with ſliced Lemon.

To collar Salmon.

TAKE a ſide of Salmon, and cut off about a handful off the Tail; waſh your large piece very well and dry it with a Cloth; then waſh it over with the yolks of Eggs; then make ſome Forc'd-meat with that you cut off the Tail; but take off the Skin, and put to it a handful of par-boil'd Oyſters, a Tail or two of Lobſter, the yolks of three or four Eggs boil'd hard, ſix Anchovies, a good handful of Sweet-herbs chop'd ſmall, a little Salt, Cloves, Mace, Nutmeg, Pepper, and grated Bread. Work all theſe together into a body with the yolks of Eggs, and lay it all over the fleſhy part, and a little more Pepper and Salt over the Salmon; ſo roll it up into a Collar, and bind it with broad Tape; then boil it in Water and Salt, and Vinegar, but let the Liquor boil firſt; then put in your Collars, and a bunch of Sweet-herbs, ſliced Ginger and Nutmeg; let it boil, but not too faſt; it will aſk near too hours boiling, and when 'tis enough take it up; put it in your Souſing-pan, and when the pickle is cold, put it to your Salmon, and let it ſtand in it till uſed; or otherwiſe you may pot it after it is boiled, and fill it up with clarified Butter, as you pot Fowls; that way will keep longeſt and beſt.

To collar Veniſon.

TAKE a Side of Veniſon, and bone it, and take away all the Sinews, and cut it into ſquare Collars, of what bigneſs you pleaſe: It will make two or three Collars; lard it with fat clear Bacon, cut your Lards as big as the top of your Finger, and as long as your little Finger; then ſeaſon your Veniſon with Pepper, Salt, Cloves, Mace,

Mace, and Nutmeg; Roll up your Collars, and tye them cloſe with coarſe Tape; then put them into deep Pots; put Seaſoning at the bottom of the Pot, and ſome freſh Butter, and three or four Bay-Leaves; then put in your Veniſon, and ſome Seaſoning and Butter on the top, and over that ſome Beef-ſuet, finely ſhred, and beaten; then cover up your Pot with coarſe Paſte; they will aſk four or five hours baking; then take them out of the Oven, and let it ſtand a little; then take out your Veniſon, and let it drain well from the Gravy. Take off all the Fat from the Gravy, and add more Butter to that Fat, and ſet it over a gentle Fire to clarify; then take it off, and let it ſtand a little, and ſcum it well; then make your Pots clean, or have Pots fit for each Collar: put a little Seaſoning at the bottom, and ſome of your clarified Butter; then put in your Veniſon, and fill up your Pots with clarified Butter; and be ſure your Butter be an Inch above the Meat; and when 'tis thorough cold, tye it down with double Paper, and lay a Tile on the top; they will keep ſix or eight Months: You may, if you pleaſe, when you uſe a Pot, put the Pot in boiling Water a minute, and it will come whole out: Let it ſtand till 'tis cold, and ſtick it round with Bay-leaves, and one ſprig on the top.

To pot Neats-Tongues.

TAKE Neats-Tongues, and rub them very well with Salt and Water (Bay Salt is beſt;) then take Pump-water, with a good deal of Salt-petre, and ſome white Salt, and ſome Cloves and Mace, and boil it well, and ſcum it, and when 'tis cold put your Tongues in, and let them lye in it ſix days; then waſh them out of that liquor, and put them in a Pot, and bake them with Bread till they are very tender; and when they are taken out of the Oven, pull off their Skins, and put them in the Pot you intend to keep them in, and cover them

them over with clarified Butter: They will keep four or five Months.

To collar a Breaſt of Veal.

TAKE a Breaſt of Veal, and bone it, and waſh it, and dry it in a clean Cloth; then ſhred Thyme, Winter-ſavoury, and Parſley, very ſmall, and mix it with Salt, Pepper, Cloves, Mace, and Nutmeg; then ſtrew it on the inſide of your Meat, and roll it up hard, beginning at the Neck end; tye it up with Tape, and put it in a Pot fit to boil it in, ſtanding upright: You muſt boil it in Water and Salt, and a bunch of Sweet-herbs; when 'tis boiled enough, take it off the Fire, and put it in an earthen Pot, and when the liquor is cold pour it over it, or elſe boil Salt and Water ſtrong enough to bear an Egg; and when that is cold, pour it on your Veal: When you ſerve it to the Table, cut it in round ſlices. Garniſh with Laurel and Fennel.

To collar a Pig.

CUT off the Head of your Pig; then cut the Body aſunder; bone it, and cut two Collars off each ſide; then lay it in Water to take out the Blood; then take Sage and Parſley, and ſhred them very ſmall, and mix them with Pepper, Salt, and Nutmeg, and ſtrew ſome on every ſide, or Collar, and roll it up, and tye it with coarſe Tape; ſo boil them in fair Water and Salt, till they are very tender: Put two or three Blades of Mace in the Kettle, and when they are enough, take them up, and lay them in ſomething to cool; ſtrain out ſome of the Liquor, and add to it ſome Vinegar and Salt, a little White-wine, and three or four Bay-leaves; give it a boil up, and when 'tis cold put it to the Collars, and keep them for uſe.

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To

To pot Beef.

TAKE a good Buttock of Beef, and cut out the Bone, and lay it flat, and ſlaſh it in ſeveral places; then ſalt it well, and let it lie in the Salt three days; then take it out, and let it lie in running Water with a handful of Salt three days longer; then take it out, dry it with a Cloth, and ſeaſon it with Pepper, Salt, Nutmeg, Cloves, Mace, and two ounces of Salt-petre finely beaten; then ſhred two or three pounds of Beef-ſuet, and one pound in Lumps, and three pounds of Butter, put ſome in the bottom of the Pot you bake it in; then put in your Beef and the reſt of the Butter and Suet on the top; cover your Pot over with coarſe Paſte; and ſet it in all Night with Houſehold-bread; in the Morning draw it, and pour off all the Fat into a Pot, and drain out all the Gravy; pull the Meat all to pieces, Fat and Lean, and work it into your Pots that you keep it in while it is hot, or it will not cloſe ſo well; then cover it with the clear Fat you poured off; paper it when 'tis cold, it will keep good a Month or ſix Weeks.

To make artificial Veniſon.

BONE a Rump of Beef, or a large Shoulder of Mutton; then beat it with a Rolling-pin; ſeaſon it with Pepper and Nutmeg; then lay it twenty-four hours in Sheep's Blood; then dry it with a Cloth, and ſeaſon it again with Pepper, Salt, and Spice: Put your Meat in the form of a Paſty, and bake it as a Veniſon-Paſty, and make a Gravy with the Bones, to put in when 'tis drawn out of the Oven.

Scotch

Scotch-Collops.

TAKE the Skin from a Fillet of Veal, and cut it in thin Collops, hack and ſcotch them with the back of a Knife, lard half of them with Bacon, and fry them with a little brown Butter; then take them out and put them into another toſſing Pan; then ſet the Pan they were fry'd in over the Fire again, and waſh it out with a little ſtrong Broth, rubbing it with your Ladle, then pour it to the Collops, do this to every panful till all are fried; then ſtew and toſs them up with a pint of Oyſters, two Anchovies, two ſhiver'd Palates, Cock's-combs, Lamb-ſtones, and Sweet-breads, blanch'd and ſlic'd, ſavoury Balls, Onions, a faggot of Sweet-herbs; thicken it with brown Butter, and garniſh it with Lemons.

Chickens forc'd with Oyſters.

LARD and truſs them; make a Forcing with Oyſters, Sweet-breads, Parſley, Truffles, Muſhrooms and Onions; chop theſe together, and ſeaſon it; mix it with a piece of Butter and the yolk of an Egg; then tie them at both ends and roaſt them; then make for them a Ragoo, and garniſh them with ſliced Lemon.

A Calf's-Head haſh'd.

YOUR Calf's-Head being ſlit and cleanſed, half boiled and cold, cut one Side into thin Pieces and fry it in Butter; then having a Toſſing-pan on the Stow with a Ragoo for made-diſhes, toſs it up and ſtew it together, and ſcotch the other ſide croſs and croſs, flour, baſte, and boil it. The Haſh being thickened with brown Butter, put it in the Diſh; lay over and about it fried Balls, and the Tongue ſliced and larded with Bacon, Lemon-Peel,

and Beet-root; then fry the Batter of Egg, ſliced Sweet-breads, carv'd Sippets and Oyſters; lay in the Head, and place theſe on and about the Head; and garniſh it with ſliced Orange and Lemon.

A Ragoo of a Breaſt of Veal.

BONE a Breaſt of Veal, cut a handſome ſquare piece, then cut the other part into ſmall pieces, brown it in Butter, then ſtew and toſs it up in your Ragoo for made-diſhes; thicken it with brown Butter; put then the Ragoo in the Diſh, lay on the ſquare piece dic'd, with Lemon, Sweet-breads, Sippets, and Bacon fry'd in the Batter of Eggs, and garniſh it with ſliced Orange.

To recover Veniſon when it ſtinks.

TAKE as much cold Water in a Tub as will cover it a handful over, and put in good ſtore of Salt, and let it lie three or four hours; then take your Veniſon out, and let it lie in as much hot Water and Salt, and let it lie as long as before; then have your Cruſt in readineſs, and take it out, and dry it very well, and ſeaſon it with Pepper and Salt pretty high, and put it in your Paſty. Do not uſe the Bones of your Veniſon for Gravy, but get freſh Beef or other Bones.

How to Force a Fowl.

TAKE a good Fowl, kill, pull and draw it, then ſlit the Skin down the Back, and take off the Fleſh from the Bones, and mince it very ſmall, and mix it with one pound of Beef-ſuet ſhred, and a pint of large Oyſters chopp'd, two Anchovies, an Eſchalot, a little grated Bread, ſome Sweet-herbs; ſhred all theſe very well, and mix them, and make it up with yolks of Eggs; ſo put all theſe Ingredients on the Bones again, and draw the Skin over

over again; ſew up the Back, and put the Fowl in a Bladder; ſo boil it an hour and a quarter then ſtew ſome more Oyſters in Gravy, and bruiſe in a little of your Forc'd-meat, and beat it up with freſh Butter; put the Fowl in the middle; pour on the Sauce, and garniſh with ſliced Lemon.

To marinade a Leg of Lamb.

TAKE a Leg of Lamb, cut it in pieces the bigneſs of a Half-crown; hack them with the back of a Knife; then take an Eſchalot, three or four Anchovies, ſome Cloves, Mace, Nutmeg, all beaten; put your Meat in a Diſh, and ſtrew the Seaſoning over it, and put it in a Stew-pan, with as much White-wine as will cover it, and let it lie two hours; then put it all together in a Frying-pan, and let it be half enough; then take it out and drain it through a Colendar, ſaving the Liquor, and put to your Liquor a little Pepper and Salt, and half a pint of Gravy; dip your Meat in yolks of Eggs, and fry it brown in Butter; thicken up your Sauce with yolks of Eggs and Butter, and pour it in the diſh with your Meat: Lay Sweet-breads and Forc'd-meat Balls over your Meat; dip them in Eggs, and fry them. Garniſh with Lemon.

To force a Leg of Veal, Mutton, or Lamb.

TAKE out all the Meat, and leave the Skin whole; then take the Lean of it and make it into Forc'd-meat thus: To two pounds of your lean Meat, three pounds of Beef-ſuet; take away all ſkins from the Meat and Suet; then ſhred both very fine, and beat it with a Rolling-pin, till you know not the Meat from the Suet; then mix with it four ſpoonfuls of grated Bread, half an ounce of Cloves and Mace beaten, as much Pepper, ſome

Salt, a few Sweet-herbs ſhred ſmall; mix all theſe together with ſix raw Eggs, and put it into the ſkin again, and ſew it up. If you roaſt it, ſerve it with Anchovy-ſauce; if you boil it, lay Colliflower or *French*-beans under it. Garniſh with Pickles, or ſtew Oyſters and put under it, with Forc'd-meat Balls, or Sauſages fried in Butter.

To ragoo a Breaſt of Veal.

LARD your Breaſt of Veal with Bacon; then half boil it in Water and Salt, whole Pepper, and a bunch of Sweet-herbs; then take it out, and duſt it with ſome grated Bread, Sweet-herbs ſhred ſmall, and grated Nutmeg and Salt, all mixed together; then broil it on both ſides, and make a Sauce of Anchovies and Gravy thicken'd up with Butter. Garniſh with Pickles.

To fry Oyſters.

BEAT Eggs with a little Salt, grated Nutmeg, and thicken it like thick Batter, with grated white Bread and fine Flour; then dip the Oyſters in it, and fry them brown with Beef-dripping.

Beef A-la-mode.

TAKE a good Buttock of Beef, interlarded with great Lard, roll'd up in ſavoury Spice, and Sweet-herbs; put it in a great Sauce-pan, and cover it cloſe, and ſet it in the Oven all Night. This is fit to eat cold.

A Gooſe, Turkey, or Leg of Mutton, A-la-daube.

LARD it with Bacon, and half roaſt it, then take it off the Spit, and put it in as ſmall a Pot

Pot as will boil it, put to it a quart of White-wine, ſtrong Broth, a pint of Vinegar, whole Spice, Bay-leaves, Sweet-marjoram, Winter-ſavory, and green Onions. When it is ready, lay it in the Diſh, make Sauce with ſome of the Liquor, Muſhrooms, dic'd Lemon, two or three Anchovies; thicken it with brown Butter, and garniſh it with ſliced Lemon.

A Leg of Mutton A-la-royal.

LARD your Mutton and ſlices of Veal with Bacon roll'd in Spice and Sweet-herbs, then, bringing them to a brown with melted Lard, boil the Leg of Mutton in ſtrong Broth, with all ſort of Sweet-herbs, and an Onion ſtuck with Cloves; when it is ready lay it on the Diſh, lay round the Collops; then pour on it a Ragoo, and garniſh with Lemon and Orange.

A Brown Fricaſy of Chickens or Rabbets.

CUT them in pieces, and fry them in Butter, then having ready hot a pint of Gravy, a little Claret, and White-wine, and ſtrong Broth, two Anchovies, two ſhiver'd Palates, a Faggot of Sweet-herbs, ſavoury Balls and Spice, thicken it with brown Butter, and ſqueeze on it a Lemon.

A White Fricaſy of the ſame.

CUT them in pieces, and waſh them from the Blood, and fry them on a ſoft Fire, then put them in a Toſſing-pan, with a little ſtrong Broth; ſeaſon them, and toſs them up with Muſhrooms and Oyſters; when almoſt enough, put to them a pint of Cream, and thicken it with a bit of Butter roll'd up in Flour.

A Fricaſy of Lamb.

CUT an hind quarter of Lamb into thin ſlices, ſeaſon it with ſavoury Spices, Sweet-herbs, and a Shallot; then fry them, and toſs them up in ſtrong Broth, White-wine, Oyſters, Balls and Palates, a little brown Butter to thicken it, or a bit of Butter roll'd up in Flour.

Sauce for a Woodcock.

TAKE a very little Claret, ſome good Gravy, a blade of Mace, ſome whole Pepper and Eſchalot; let theſe ſtew a little, then thicken it up with Butter; roaſt the Guts in the Woodcock, and let them run on Sippets, or a Toaſt of white Bread, and lay it under your Woodcock, and pour the Sauce in the Diſh.

To fry Cucumbers for Mutton Sauce.

YOU muſt brown ſome Butter in a Pan, and cut the Cucumbers in thin ſlices; drain them from the Water, then fling them into the Pan, and when they are fried brown, put in a little Pepper and Salt, a bit of an Onion and Gravy, and let them ſtew together, and ſqueeze in ſome Juice of Lemon; ſhake them well, and put them under your Mutton.

To haſh roaſted Mutton.

TAKE your Mutton half roaſted, and cut it in pieces as big as a Half-crown; then put into your Sauce-pan half a pint of Claret, as much ſtrong Broth or Gravy, (or Water, if you have not the other,) one Anchovy, an Eſchalot, a little whole Pepper, ſome Nutmeg ſliced, Salt to your taſte; ſome Oyſter-liquor, a pint of Oyſters: Let

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theſe ſtew a little; then put in the Meat, and a few Capers and Samphire ſhred; when 'tis hot through, thicken it up with a piece of freſh Butter rolled in Flour. Dry Sippets and lay in your Diſh, and pour your Meat on them. Garniſh with Lemon.

To make a ſavoury Diſh of Veal.

CUT large Collops out of a Leg of Veal; ſpread them abroad on a Dreſſer; hack them with the back of a Knife, and dip them in the yolks of Eggs, and ſeaſon them with Cloves, Mace, Nutmeg, Salt, Pepper; then make Forc'd-meat with ſome of your Veal, and Beef-ſuet, and Oyſters chopt, Sweet-herbs ſhred fine, and the aforeſaid Spice, and ſtrew all theſe over your Collops; roll and tye them up, and put them on Skewers, and tye them to a Spit, and roaſt them; and to the reſt of your Forc'd-meat add the yolk of an Egg or two, and make it up in Balls, and fry them, and put them in the Diſh with your Meat when roaſted, and make the Sauce with ſtrong Broth, an Anchovy, and an Eſchalot, and a little White-wine and Spice; let it ſtew, and thicken it up with Butter.

To dreſs a Neck of Mutton.

TAKE the beſt End of a Neck of Mutton, and cut it into Stakes, and beat them with a Rolling-pin; then ſtrew ſome Salt on them, and lay them in a Frying-pan, and hold the Pan over a ſoft Fire, that may not burn them; turn them as they heat, and there will be Gravy enough to fry them in till they are half enough; then put to them Broth made thus: Take the Scrag-End of the Mutton, break it in pieces, and put it in a Pipkin with three pints of Water, an Onion, ſome Salt, and when it firſt boils, ſcum it very well, and cover it, and let it boil an Hour; then put to it half a pint of White-wine, a ſpoonful of Vinegar,

a Nutmeg quarter'd, a little Pepper, a bunch of Sweet-herbs; ſo cover it again, and let it boil till it comes to a pint; then ſtrain it through a Hair-Sieve, and put this Liquor in the Frying-pan, and let it fry together till it is enough; then put in a good piece of Butter, ſhake it together, and ſerve it up. Garniſh with Pickles.

To collar a Breaſt of Mutton.

TAKE a large Breaſt of Mutton, take off the Red Skin, the Bones, and Griſles; then grate white Bread, a little Cloves, Mace, Salt and Pepper; the yolks of three hard Eggs bruiſed ſmall, and a little Lemon-Peel ſhred fine; make your Meat even and flat, and ſtrew your Seaſoning over it, with four or five Anchovies waſh'd and bon'd; then roll your Meat like a Collar, and bind it with coarſe Tape, and bake, boil, or roaſt it: Cut it into three or four Pieces, and diſh it with ſtrong Gravy Sauce thicken'd with Butter: You may fry Oyſters and Forc'd-meat Balls on it, if you pleaſe; 'tis very good cold. Cut it in Slices like collar'd Beef.

To collar Beef.

LAY your Flank of Beef in Ham-Brine eight or ten Days; then dry it in a Cloth, and take out all the Leather and the Skin; ſcotch it croſs and croſs, ſeaſon it with ſavoury Spice, two or three Anchovies, an handful or two of Thyme, Sweet-marjoram, Winter-ſavory, and Onions; ſtrew it on the Meat, and roll it in a hard Collar in a Cloth; ſew it cloſe, and tye it at both ends, and put it in a Collar-Cloth, with a pint of Claret, and Cochineel, and two quarts of Pump-Water, and bake it all Night; then take it out hot, and tye it cloſe at both ends; then ſet it upon one end, and

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put a Weight upon it, and let it ſtand till 'tis cold; then take it out of the Cloth, and keep it dry.

To collar Pig.

SLIT the Pig down the Back, take out all the bones, waſh the Blood in three or four Waters, wipe it dry, and ſeaſon it with ſavoury Spice, Thyme, Parſley, and Salt, and roll it in a hard Collar; tye it cloſe in a dry Cloth, and boil it with the bones in three pints of Water, a handful of Salt, a quart of Vinegar, a Faggot of Sweet-herbs, whole Spice, a penny-worth of Iſing-glaſs; when it is boil'd tender, take it off; and when cold, take it out of the Cloth, and keep it in this Pickle.

To pot a Swan.

BONE and ſkin your Swan, and beat the Fleſh in a Mortar, taking out the Strings as you beat it; then take ſome clear fat Bacon, and beat with the Swan, and when 'tis of a light fleſh Colour, there is Bacon enough in it; and when 'tis beaten till 'tis like Dough, 'tis enough; then ſeaſon it with Pepper, Salt, Cloves, Mace, and Nutmeg, all beaten fine; mix it well with your Fleſh, and give it a beat or two all together; then put it in an Earthen Pot, with a little Claret and fair Water, and at the top two pounds of freſh Butter ſpread over it; cover it with coarſe Paſte, and bake it with Bread; then turn it out into a Diſh, and ſqueeze it gently to get out the Moiſture; then put it in a Pot fit for it; and when 'tis cold, cover it over with clarified Butter, and next day paper it up. In this manner you may do Gooſe, Duck, or Beef, or Hare's Fleſh.

To dreſs a Hare.

FLEA your Hare, and lard it with Bacon; take the Liver, give it one boil; then bruiſe

it ſmall, and mix with it ſome Marrow, or a quarter of a pound of Beef-ſuet ſhred very fine, two Anchovies chopp'd ſmall, ſome Sweet-herbs ſhred very ſmall, ſome grated Bread, a Nutmeg grated, ſome Salt, a little bit of Eſchalot cut fine; mix theſe together with the yolks of two or three Eggs; then work it up in a good piece of Butter; flour it, and when your Hare is ſpitted, lay this Pudding in the Belly and ſew it up, and lay it to the Fire; put a Diſh under, to receive what comes from the Hare; baſte it well with Butter, and when 'tis enough, put in the Diſh with it, a Sauce made with ſtrong Broth, the Gravy of your Hare, the Fat being taken off, ſome Claret; boil theſe up, and thicken it with Butter. When the Hare is cut up, mix ſome of the Pudding with your Sauce. Garniſh the Diſh with ſliced Lemon.

Some, inſtead of the Pudding in the Belly, roaſt a piece of Bacon, and ſome Thyme; and for Sauce, have melted Butter and Thyme mix'd with what comes from the Hare.

To make Weſtphalia *Bacon.*

MAKE a Pickle as followeth: Take a gallon of Pump-water, a quarter of a peck of Bay-ſalt, as much White-ſalt, a pound of Petre-ſalt, and a quarter of a pound of Salt-petre, a pound of coarſe Sugar, and an ounce of Socho tied up in a Rag; Boil all theſe together very well, and let it ſtand till 'tis cold; then put in the Pork, and let it lye in this Pickle a fortnight; then take it out and dry it over Saw-duſt. This Pickle will do Tongues, but you muſt firſt let the Tongues lye ſix or eight hours in Pump-water, to take out the Slimineſs; and when they have lain in the Pickle, dry them as your Pork.

To ſalt and dry a Ham of Bacon.

TAKE *Engliſh* Bay-ſalt, and put it in a Veſſel of Water ſuitable to the quantity of Hams you do; make your Pickle ſtrong enough to bear an Egg with your Bay-ſalt; then boil and ſcum it very well; then let the Pickle be thoroughly cold, and put into it ſo much Red-ſaunders as will make it of the colour of Claret; then let your Pickle ſtand three days before you put your Hams into it. The Hams muſt lie in the Pickle three Weeks; then carefully dry them where Wood is burnt.

To dry Tongues.

TAKE to every two Ounces of Salt-petre a pint of Petre-ſalt, and rub it well, after it is finely beaten, over your Tongue, and then beat a pint of Bay-ſalt, and rub that on over it, and every three days turn it; and when it has lain nine or ten days, hang it in Wood-ſmoke to dry. Do a Hog's-Head this way. For a Ham of Pork or Mutton have a quart of Bay-ſalt, half a pound of Petre-ſalt, a quarter of a pound of Salt-petre, a quarter of a pound of brown Sugar, all beaten very fine, mix'd together, and rubbed well over it; let it lie a fortnight; turn it often, and then hang it up a day to drain, and dry it in Wood-ſmoke.

To ſalt Hams or Tongues.

TAKE three or four Gallons of Water, put to it four pounds of Bay-ſalt, four pounds of White-ſalt, a pound of Petre-ſalt, a quarter of a pound of Salt-petre, two ounces of Prunella-ſalt, a pound of brown Sugar; let it boil a quarter of an hour; ſcum it well, and when it is cold ſever it from the bottom into the Veſſel you keep it in.

Let Hams lie in this Pickle four or five Weeks.
A Clod of *Dutch*-Beef as long.
Tongues a Fortnight.
Collar'd Beef eight or ten Days.
Dry them in a Stove, or with Wood in a Chimney.

To make Dutch-*Beef.*

TAKE the lean part of a Buttock of Beef raw; rub it well with brown Sugar all over, and let it lie in a Pan or Tray two or three Hours, turning it three or four times; then ſalt it well with common Salt and Salt-petre, and let it lie a fortnight, turning it every Day; then roll it very ſtrait in a coarſe Cloth, and put it in a Cheeſe-preſs a day and a night, and hang it to dry in a Chimney. When you boil it, you muſt put it in a Cloth: When 'tis cold, it will cut out into Shivers as *Dutch*-Beef.

To dry Mutton to cut out in Shivers as Dutch-*Beef.*

TAKE a middling Leg of Mutton, then take half a pound of brown Sugar, and rub it hard all over your Mutton, and let it lie twenty-four hours; then take an ounce and half of Salt-petre, and mix it with a pound of common Salt, and rub that all over the Mutton every other day, till 'tis all on, and let it lie nine days longer; keep the Place free from Brine, then hang it up to dry three days, then ſmoak it in a Chimney where Wood is burnt, the fire muſt not be too hot, a fortnight will dry it: Boil it like other Hams, and when 'tis cold, cut it out in Shivers like *Dutch*-Beef.

To dry a Leg of Mutton like Pork.

TAKE a large Leg of Mutton, and beat it down flattiſh with a Cleaver, to make it like

Weſt-

Weſtphalia Ham; then take ſix Penny-worth of Saltpetre, and beat it fine, and rub it all over your Mutton, and let it lie all Night; then make a Pickle with Bay-ſalt and Pump-water, ſtrong enough to bear an Egg, and put your Mutton into it, and let it lie ten days; then take it out, and hang it in a Chimney where Wood is burnt, till 'tis thorough dry, which will be about three Weeks. Boil it with Hay, till 'tis very tender; do it in cool Weather, or it will not keep well.

To ſalt Bacon.

CUT your Flitches of Bacon very ſmooth, make no holes in it: To about threeſcore pounds of Bacon, ten pounds of Salt; dry your Salt very well, and make it hot, then rub it hard over the Outſide, or skinny part, but on the Inſide lay it all over, without rubbing only lightly on, about half an Inch thick. Let it lie on a flat Board, that the Brine may run from it, nine days; then mix with a quart of hot Salt, four penny-worth of Saltpetre, and ſtrew it all over your Bacon; then heat the reſt of your ſalt, and put over it, and let it lie nine Days longer; then hang it up a day, and put it in a Chimney where Wood is burnt, and there let it hang three Weeks or more, as you ſee occaſion.

To pot Salmon.

SCALE and chine your Salmon down the back, and dry it well, and cut it as near the Shape of your Pot as you can; two Nutmegs, near an ounce of Cloves and Mace, half an ounce of white Pepper, about an Ounce of Salt; take out all the Bones, and cut off the Joll below the Fins; cut off the Tail; ſeaſon the ſcaly ſide firſt; and lay that at the bottom of the Pot; then rub the Seaſoning on the other ſide; cover it with a diſh, and let it

ſtand all night; it muſt be but double, and the ſcaly ſide top and bottom; put Butter on the bottom and top; cover the Pot with ſome ſtiff coarſe Paſte; three Hours if it is a large Fiſh, if not, two Hours will bake it. When it comes out of the Oven, let it ſtand half an Hour; then uncover it, and raiſe it up at one end that the Gravy may run out; then put a Trencher and a Weight on it, to preſs out the Gravy; melt the Butter that came from it, but let no Gravy be in it; let the Butter boil up, and add more Butter to it, if there be occaſion. Scum it, and fill the Pot with the clear Butter; when 'tis cold, paper it up.

To ſtew Pigeons.

SEaſon your Pigeons with Pepper, Salt, Cloves and Mace, and ſome Sweet-herbs; wrap this Seaſoning up in a bit of Butter, and put it in their Bellies; then tie up the Neck and Vent, and half roaſt them; then put them in a Stew-pan, with a quart of good Gravy, a little White-wine, ſome pickled Muſhrooms, a few Pepper-corns, three or four blades of Mace, a bit of Lemon-peel, a bunch of Sweet-herbs, a bit of Onion, ſome Oyſter-pickle: Let them ſtew till they are enough; then thicken it up with Butter and yolks of Eggs. Garniſh with Lemon. Do Ducks the ſame way. You may put Forc'd-meat in their Bellies, or ſhred Thyme wrapp'd up in Butter. Put Forc'd-meat Balls in both.

To fricaſy a Pig.

HALF roaſt your Pig; then take it up, and take off the Coat, and pull the Meat in flakes from the Bones, and put it in a Stew-pan, with ſome ſtrong Broth, ſome White-wine, a little Vinegar, an Onion ſtuck with Cloves, ſome Mace, a bunch of Sweet-herbs, and ſome Salt, and Le-

mon-peel; when 'tis almoſt done, take out the Onion, Herbs, and Lemon-peel, and put in ſome Muſhrooms, and thicken it with Cream and Eggs. The Head muſt be roaſted whole, and ſet in the middle, and the Fricaſy round it. Garniſh with Lemon.

To ſtew Cod.

CUT your Cod in thin ſlices, and lay them one by one in the bottom of a Diſh; put in a pint of White-wine, half a pound of Butter, ſome Oyſters and their Liquor, two or three blades of Mace, a few Crumbs of Bread, ſome Pepper and Salt, and let it ſtew till 'tis enough. Garniſh the Diſh with Lemon.

To make Skuets.

TAKE fine, long, and ſlender Skewers; then cut Veal Sweet-breads into pieces like Dice, and ſome fine Bacon into thin ſquare bits; ſo ſeaſon them with Forc'd-meat, and then ſpit them on the Skewers, a bit of Sweet-bread, and a bit of Bacon, till all is on; roaſt them, and lay them round a Fricaſy of Sheep's-Tongues.

To pot Hare.

TAKE three pounds of the pure Fleſh of Hare, and a pound and half of the clear Fat of Pork or Bacon, and beat them in a Mortar, till you cannot diſtinguiſh each from the other; then ſeaſon it with Pepper, Salt, a large Nutmeg, a large handful of Sweet-herbs, as Sweet-marjoram, Thyme, and a double quantity of Parſley, ſhred all very fine, and mix it with the Seaſoning, and beat it all together, till all is very well mingled; then put it into a Pot, and lay it lower in the middle than the ſides, and paſte it up; two hours will bake it: When it comes out of the Oven, have clarify'd

clarify'd Butter ready; fill the Pot an inch above the Meat while it is hot; when 'tis cold, paper it up, ſo keep it; which you may do three or four Months before 'tis cut: The Fat of Pork is much better than the Fat of Bacon.

To make a Bisk of Pigeons.

TAKE twelve Pigeons, fill the Bellies with Forc'd-meat, and half roaſt them, or half boil them in ſtrong Broth; then have ſlices of *French* Bread, toaſted hard and ſtewed in ſtrong Broth, and have in readineſs ſome Lamb-ſtones, and Sweet-breads, and Palates, they being firſt boil'd tender; then ſtew them with your Pigeons in your ſtrong Broth; add Balls of Forc'd-meat firſt ſtew'd or fry'd; lay your Pigeons in a Diſh: lay on them thin ſlices of grill'd Bacon, and your other Ingredients, and pour in your ſtrong Broth, and garniſh with Lemon. You may leave out the Sweet-breads, and Palates, and Lamb-ſtones, and put in ſcalded Herbs, as for Soops, and Turnips half boiled, and cut like Dice, and fry'd brown, and ſo ſerve it like a Soop, and but ſix Pigeons.

To do Pigeons in Jelly.

TAKE a Knuckle of Veal, and a good piece of Iſing-glaſs, and make a ſtrong Jelly; ſeaſon it with Mace, white Pepper, Salt, Bay-leaves, Lemon-peel: Then truſs your Pigeons as for boiling, and boil them in the Jelly; when they are cold, put them in the Diſh you ſerve them in; then add the juice of a Lemon to your Jelly, and clarify it with the whites of Eggs, and run it through a Jelly-bag into a Pan, and keep it till 'tis cold: With a Spoon lay it in Heaps, on and between your Pigeons. Garniſh with ſliced Lemon and Bay-leaves.

To make a Poloe.

TAKE a pint of Rice, boil it in as much Water as will cover it; when your Rice is half boiled, put in your Fowl, with a ſmall Onion, a blade or two of Mace, ſome whole Pepper, and ſome Salt; when 'tis enough, put the Fowl in the Diſh, and pour the Rice over it.

To ſtew Cucumbers.

PARE twelve Cucumbers, and ſlice them as for eating, and put them to drain, and then lay them in a coarſe Cloth till they are dry; flour them, and fry them brown in Butter; then put to them ſome Gravy, a little Claret, ſome Pepper, Cloves and Mace, and let them ſtew a little; then roll a bit of Butter in flour, and toſs them up; put them under Mutton or Lamb roaſted.

To pot Gooſe and Turkey.

TAKE a fat Gooſe, and a fat Turkey; cut them down the Rump, and take out all the Bones; lay them flat, open and ſeaſon them very well with white Pepper, Nutmeg and Salt, allowing three Nutmegs, with the like proportion of Pepper, and as much Salt as both the Spices; when you have ſeaſon'd them all over, let your Turkey be within the Gooſe, and keep them in Seaſon two Nights and a Day; then roll them up as collar'd Beef, very tight, and as ſhort as you can, and bind it very faſt with ſtrong Tape. Bake it in a long Pot, with good ſtore of Butter, till 'tis very tender, as you may feel by the End; let it lie in the hot Liquor an hour, then take it out, and let it ſtand till next day; then unbind it, and place it in your Pot, and melt Butter, and pour over it. Keep it for uſe, and ſlice it out thin.

To make a Fricaſy of Eggs.

BOIL your Eggs hard, and take out a good many of the yolks whole, then cut the reſt in quarters, yolks and whites together. Set on ſome Gravy, with a little ſhred Thyme and Parſley in it, give it a boil or two; then put in your Eggs, with a little grated Nutmeg; ſhake it up with a bit of Butter, till it be as thick as another Fricaſy: then fry Artichoke Bottoms in thin ſlices, and ſerve it up. Garniſh with Eggs ſhred ſmall.

Another Fricaſy of Eggs.

BOIL ſix Eggs hard; ſlice them in round ſlices; then ſtew ſome Morells in White-wine, with an Eſchalot, two Anchovies, a little Thyme, and a few Oyſters or Cockles, and Salt to your Taſte; when they have ſtewed well together, put in your Eggs and a bit of Butter; toſs them together till 'tis thick, and then ſerve it up.

To make Forc'd-meat.

TAKE a piece of a Leg of Veal, the lean part, and ſome lean Bacon; mince them very fine, and add a double quantity of Suet; put it all in a Marble Mortar; beat it well, ſprinkle it with a little Water in the beating; ſeaſon it with Pepper, Salt, and a little Cloves and Mace, to your Taſte; ſhred Spinnage very fine, if you would have it look green, or elſe without; make it up as you uſe it, with an Egg or two, and roll it in long or round Balls.

To keep Smelts in Jelly.

TAKE Smelts alive, if you can get them; chuſe out the firmeſt without Spawn; ſet them a boiling in a gallon [illegible] a pint of Wine Vinegar,

Vinegar, two handfuls of Salt, and a bunch of Sweet-herbs, and Lemon-peel; let them boil three or four Walms, and take them up before they break. The Jelly make thus: Take a quart of the Liquor, and a quart of Vinegar, and a quart of White-wine, one ounce of Iſing-glaſs, ſome Cloves, Mace, ſliced Ginger, whole Pepper, Salt; boil theſe over a gentle Fire, till a third part be conſumed, and the Iſing-glaſs be melted; then ſet it by till almoſt cold: Lay your Smelts in a *China* Plate, one by one; then pour it on your Smelts; ſet it in a cool Place; it will jelly by next Day.

To ſtew a Turkey.

TAKE a fine young Turkey, kill'd, pull'd, and drawn; fill the ſkin on the breaſt with Forc'd-meat, and lard it on the ſides with Bacon: Put into the Belly half an Eſchalot, and two Anchovies, and a little Thyme ſhred ſmall; brown it in a Pan, with a little Butter; when 'tis very brown, put it in a Stew-pan, with ſtrong Gravy, ſome White-wine, or Claret, two or three Anchovies, ſome Mace, Sweet-herbs, a little Pepper, and let it ſtew till 'tis thoroughly enough; then thicken the Liquor with Butter and Eggs; fry ſome *French* Loaves dipp'd in Cream, after the Top and the Crumb is taken out; then fill them with ſtew'd Oyſters, or Shrimps, or Cockles, and with them garniſh the Diſh, or with ſliced Lemon. A Hen, Gooſe, or Duck, does well this way.

To bake a Rump of Beef.

BONE a Rump of Beef, beat it very well with a Rolling-pin; cut off the Sinew, and lard it with large pieces of Bacon; roll your Lards in Seaſoning, which is Pepper, Salt, and Cloves. Lard athwart the Meat, that it may cut handſomely; then ſeaſon it all over the Meat with Pepper and

Salt pretty thick; then tie it with Packthread croſs and croſs, and put the top under the bottom, and tie it up tight, and put it in an earthen Pot; break all the Bones, and put in the Sides and over, to keep it faſt that it cannot ſtir; then put in half a pound of Butter, and ſome Bay-leaves, and whole Pepper, an Eſchalot or two, and ſome Sweet-herbs; cover the top of the Pot with coarſe Paſte; put it in the Oven, and let it ſtand eight hours. Serve it up with its own Liquor, and ſome dried Sippets.

To make Veal-Cutlets.

CUT your Veal Steaks thin; hack them, and ſeaſon them with Pepper and Salt, and Sweet-herbs; waſh them over with Egg, and ſtrew over them ſome Forc'd-meat; put two Steaks together, and lard them with Bacon; waſh them over with melted Butter, and wrap them in white Papers butter'd. Roaſt them on a Lark-ſpit, or bake them; when they are enough, unpaper them, and ſerve them with good Gravy and ſliced Lemon.

To dreſs a Calf's Head.

SCALD the Hair off, and take out the Bones; then have in readineſs Palates boiled tender, yolks of hard Eggs, Oyſters ſcalded, and Forc'd-meat; ſtuff all this into your Head, and ſew it up cloſe in a Cloth; boil it three hours; make a ſtrong Gravy for Sauce, and garniſh with fried Bacon.

To make a Pulpatoon of Pigeons.

TAKE Muſhrooms, Palates, Oyſters, Sweet-breads, and fry them in Butter; then put all theſe into a ſtrong Gravy; give them a heat over the fire, and thicken up with an Egg and a bit of Butter; then half roaſt ſix or eight Pigeons, and lay them in a Cruſt of Forc'd-meat as follows:

lows: ſcrape a pound of Veal, and two pounds of Marrow, and beat it together in a ſtone Mortar, after 'tis ſhred very fine; then ſeaſon it with Salt, Pepper, Spice, and put in hard Eggs, Anchovies and Oyſters; beat all together, and make the lid and ſides of your Pye of it; firſt lay a thin Cruſt into your Pattipan; then put on your Forc'd-meat; then lay an exceeding thin Cruſt over them; then put in your Pigeons and other Ingredients, with a little Butter on the top. Bake it two hours.

To pot Muſhrooms.

TAKE of the beſt Muſhrooms, and rub them with a woollen Cloth; thoſe that will not rub, peel and take out the Gills, and throw them into Water as you do them; when they are all done, wipe them dry, and put them in a Sauce-pan, with a handful of Salt and a piece of Butter, and ſtew them till they are enough, ſhaking them often for fear of burning; then drain them from their Liquor, and when they are cold, wipe them dry, and lay them in a Pot, one by one, as cloſe as you can, till your Pot be full; then clarify Butter; let it ſtand 'till it is almoſt cold, and pour it into your Muſhrooms. When cold, cover them cloſe in your Pot. When you uſe them, wipe them clean from the Butter, and ſtew them in Gravy thicken'd, as when freſh.

To bake Herrings.

TAKE thirty Herrings, ſcale them, cut off their Heads, and pull out their Roes, and waſh them very clean, and lay them to drain four or five hours, and roll them in a dry Cloth; ſeaſon them with Pepper and Salt, and lay them in a long Veniſon Pot at full length; when you have laid one row, ſhred a large Onion very ſmall, and mix with it a little Cloves, Mace and Ginger cut ſmall,

and ſtrew it all over the Herrings: and then another Row of Herrings and Seaſoning, and ſo do till all is in the Pot; let it ſtand ſeaſon'd an hour before 'tis put in the Oven; then put in a quart of Claret, and tie it over with Paper, and bake it with Houſhold-bread.

To make a Soop.

TAKE twelve pounds of Beef, a Scrag of Mutton, and Knuckle of Veal; it muſt be Neck-beef, and the Sticking-piece; put your Beef in a Sauce-pan, and half fry it with a bit of Butter; then put all in a Pot, with nine quarts of Water, a good handful of Salt, a piece of Bacon; boil and ſcum it; then ſeaſon it; three Onions ſtuck with Cloves, whole Pepper, *Jamaica*-Pepper, and a bunch of Sweet-herbs; let it boil five or ſix hours, cloſe covered; then ſtrain it out, and put it in your diſh, with ſtewed Herbs, and toaſted Bread.

To make Muſhroom Liquor and Powder.

TAKE a peck of Muſhrooms, waſh and rub them clean with a piece of Flannel, cutting out all the Gills, but not peeling off the Skins; put to them ſixteen Blades of Mace, four Cloves, ſix Bay-leaves, twice as much beaten Pepper as will lie on a Half-crown, a handful of Salt, a dozen Onions, a piece of Butter as big as an Egg, and half a pint of Vinegar; ſtew them up as faſt as you can, keeping them ſtirring till the Liquor is out of your Muſhrooms; drain them through a Colander, ſave the Liquor and Spice, and when cold, bottle it for uſe; dry the Muſhrooms firſt on a broad Pan in the Oven; afterwards put them on Sieves, till they are dry enough to pound to Powder. This quantity uſually makes about half a pound.

To make Green Peas Soop.

TAKE half a buſhel of the youngeſt Peas, divide the great from the ſmall; boil the ſmalleſt in two quarts of Water, and the biggeſt in one quart; when they are well boiled, bruiſe the biggeſt, and when the thin is drained from it, boil the thick in as much cold Water as will cover it: then rub away the Skins, and take a little Spinnage, Mint, Sorrel, Lettuce and Parſley, and a good quantity of Marigolds; waſh, ſhred and boil theſe in half a pound of Butter, and drain the ſmall Peas; ſave the Water, and mingle all together, and a ſpoonful of Pepper whole; then melt a quarter of a pound of Butter, and ſhake a little Flour into it, and let it boil; put the Liquor to the Butter, and mingle all well together, and let them boil up; ſo ſerve it with dry'd Bread.

To keep Green Peas till Chriſtmas.

SHELL what quantity you pleaſe of young Peas; put them in the Pot when the Water boils; let them have four or five Walms; then firſt pour them into a Colander, and then ſpread a Cloth on a Table, and put them on that, and dry them well in it: Have Bottles ready dry'd, and fill them to the Necks, and pour over them melted Mutton-fat, and cork them down very cloſe, that no Air come to them: Set them in your Cellar, and when you uſe them, put them into boiling Water, with a ſpoonful of fine Sugar, and a good piece of Butter; and when they are enough, drain and butter them.

To make Aſparagus Soop.

TAKE twelve pounds of lean Beef, cut in ſlices; then put a quarter of a pound of But-

ter in a Stew-pan over the Fire, and put your Beef in; let it boil up quick till it begins to brown; then put in a pint of brown Ale, and a gallon of Water, and cover it cloſe, and let it ſtew gently for an hour and half; put in what Spice you like in the ſtewing, and ſtrain out the Liquor, and ſcum off all the Fat; then put in ſome Vermicelly, and ſome Sallery waſh'd and cut ſmall, half a hundred of Aſparagus cut ſmall, and Palates boiled tender and cut; put all theſe in, and let them boil gently till tender. Juſt as 'tis going up, fry a handful of Spinnage in Butter, and throw in a *French* Roll.

To make Scotch Collops.

CUT thin ſlices off a Fillet of Veal, and hack them; then take the yolks of four Eggs; beat a little melted Butter, a little Salt, and ſome Nutmeg, or Lemon-peel grated in it; then dip in each Collop, and lay them in a Pewter Diſh, and flour them, and let them lie till you want them. Put a bit of Butter in the Frying-pan, and your Collops, and fry them quick, ſhaking them all the while to keep the Butter from oiling; then pour it into a Stew-pan covered cloſe, and keep it warm; then put to them ſome good Gravy, ſome Muſhrooms, or what elſe you like, a bit of Butter, and toſs it up thick, and ſqueeze an Orange over it.

A brown Fricaſy.

TAKE Lamb or Rabbet cut in ſmall pieces; grate on it a little Nutmeg, or Lemon-peel; fry it quick and brown with Butter, then have ſome ſtrong Broth, in which put your Morels and Muſhrooms, a few Cockſcombs boil'd tender, and Artichoke-bottoms; a little Walnut-liquor, and a Bay-leaf; then roll a bit of Butter in Flour, ſhake it well, and ſerve it up. You may ſqueeze an Orange or Lemon over it.

To make Hams of Pork like Weſtphalia.

TO two large Hams, or three ſmall ones, take three pounds of common Salt, and two pounds and half of brown coarſe Sugar; mix both together, and rub it well into the Hams, and let them lie ſeven days, turning them every day, and rub the Salt in them, when you turn them; then take four ounces of Salt-petre beat ſmall, and mix with two handfuls of common Salt, and rub that well in your Hams, and let them lie a fortnight longer: Then hang them up high in a Chimney to ſmoke.

To make a Pickle for Tongues.

MAKE your Pickle with Bay-ſalt, ſome Salt-petre, and coarſe Sugar, and Spring-water; make it ſtrong, boil and ſcum it, and when 'tis cold, put in your Tongues; turn them often; let them lie three Weeks, then dry them.

Very fine Sauſages.

TAKE a Leg of Pork, or Veal; pick it clean from ſkin or fat, and to every pound of lean Meat put two pounds of Beef-ſuet, pick'd from the ſkins; ſhred the Meat and Suet ſeverally very fine; then mix them well together, and add a large handful of green Sage ſhred very ſmall, ſeaſon it with grated Nutmeg, Salt and Pepper; mix it well, and preſs it down hard in an earthen Pot, and keep it for uſe. When you uſe them, roll them up with as much Egg as will make them roll ſmooth, but uſe no Flour: in rolling them up, make them the length of your Finger, and as thick as two Fingers: fry them in clarified Suet, which muſt be boiling hot before you put them in. Keep them rolling about in the Pan; when they are fried through, they are enough.

To ſtew Pigeons with Aſparagus.

DRAW your Pigeons, and wrap up a little ſhred Parſley, with a very few Blades of Thyme, ſome Salt and Pepper in a piece of Butter; put ſome in the Belly, and ſome in the Neck, and tie up the Vent and the Neck, and half roaſt them; then have ſome ſtrong Broth and Gravy, put them together in a Stew-pan; ſtew the Pigeons till they are full enough; then have Tops of Aſparagus boil'd tender, and put them in, and let them have a Walm or two in the Gravy, and diſh it up.

A Pickle for either Tongues or Hams.

TAKE what quantity of Water you pleaſe, and with Bay-ſalt and common Salt make it ſtrong enough to bear an Egg; then to every gallon of this Pickle add half a pound of Petre-ſalt, a pound of coarſe Sugar, and two or three ounces of Salt-petre beat fine; boil it and ſcum it, and when 'tis thorough cold, put in your Hams or Tongues; turn them often; the Hams may lie in the Pickle about a Month, the Tongues three Weeks; then hang them up to dry.

To ſtew Pigeons.

STUFF your Pigeons with Sweet-herbs chopp'd ſmall, ſome Bacon minced ſmall, grated Bread, Spice, Butter, and yolk of Egg; ſew them up top and bottom, and ſtew them in ſtrong Broth, with half a pint of White-wine to ſix Pigeons, and as much Broth as will cover them well, with Nutmeg, whole Pepper, Mace, Salt, a little bundle of Sweet-herbs, and a bit of Lemon-peel, and an Onion; when they are almoſt done, put in ſome Artichoke-bottoms ready boiled, and fried in brown Butter,

or Aſparagus Tops ready boiled; thicken up the Liquor with the Stuffing out of the Pigeons, and a bit of Butter rolled in Flour: Take out the Lemon-peel, bunch of Herbs and Onion. Garniſh the diſh with ſliced Lemon, and very thin bits of Bacon toaſted before the Fire.

To pickle Hams or Ribs of Beef.

TAKE ſix gallons of your bloody-Beef-brine, or from Pork, and put to it two pounds of brown Sugar, and a pound of Salt-petre, boil 'em together, and ſcum it well, and when 'tis cold, put it into the thing you deſign to pickle in, and put in your Hams; large ones muſt lie in the Pickle three Weeks, ſmall ones but a Fortnight, ſometimes turning them; the Pickle muſt be ſtrong enough to bear an Egg. This way is only for great Families, that kill or uſe a great deal of Beef.

To make Green Peas Soop.

MAKE ſtrong Broth of a Leg of Beef, a Knuckle or Scrag-end of Veal, and Scrag of Mutton; clear it off; then chop ſome Cabbage-Lettuce, Spinnage, and a little Sorrel, and put half a pound of Butter in a flat Sauce-pan: dredge in ſome Flour, put it over the fire until 'tis brown; then put in your Herbs, and toſs them up a little over the fire; then put in a pint and half of green Peas half boiled before, and then put in your ſtrong Broth, and let it juſt ſimmer over the fire half an hour; then cut ſome *French* Bread very thin; dry it well before the fire, and put that in, and let it ſtew half an hour longer; ſeaſon your Broth with Pepper, Salt, and a few Cloves and Mace. Garniſh the Diſh with Spinnage ſcalded green, and ſome very thin bits of Bacon toaſted before the fire.

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Strong

Strong Broth.

TAKE twelve quarts of Water, two Knuckles of Veal, a Leg, or two Shins of Beef, two pair of Calf's Feet, a Chicken, a Rabbet, two Onions, Cloves, Mace, Pepper, Salt, a bunch of Sweet-herbs; cover it cloſe, and let it boil till ſix quarts are conſum'd: Strain it out, and keep it for uſe.

To make Craw-fiſh Soop.

TAKE a gallon of Water, and ſet it a boiling; put in it a bunch of Sweet-herbs, three or four Blades of Mace, an Onion ſtuck with Cloves, Pepper, and Salt; then have about two hundred of Craw-fiſh, ſave out about twenty; then pick the reſt from their Shells; ſave the Tails whole, the Bodies and Shells beat in a Mortar, with a pint of Peas green or dry, that have been boiled tender; put your boiling Water to it, and ſtrain it boiling hot through a Cloth, till you have got all the Goodneſs out, and ſome good Gravy; then ſlice *French* Bread very thin, and ſet it to dry very hard: Set your Soop over a Stew in a diſh, and the *French* Bread in it; cover it, and let it ſtew till 'tis ſerved up; then brown a piece of Butter in a broad Sauce-pan, and put into it your Tails, a Ladleful of Broth, and an Onion: Cover that, and ſet it over a Stew, and when you are ready to uſe it, take out the Onion, and put all together in the Diſh you ſerve it in, with a whole *French* Roll toaſted and put in the middle of the Diſh, and the twenty Craw-fiſh you ſaved out, fried, and laid round the Diſh to garniſh it.

If you have a Carp, ſcale and flea it, and take the Fiſh from the Bones, and mince the Fiſh ſmall, with a very little bit of Eſchalot, an Anchovy, ſome Parſley and Thyme, ſome Spice, Salt, a little grated Bread, and the yolks of two Eggs; make it

up,

up, and ſew it in the ſkin of the Carp; then boil it, but not long, and put it in the middle of your Soop, inſtead of your *French* Roll.

To ſtew a Neck of Veal.

CUT your Neck of Veal in Steaks; beat them flat, and ſeaſon them with Salt, grated Nutmeg, Thyme, and Lemon-peel, ſhred very fine; and when you put it into your Pan, put to it ſome thick Cream, according to the quantity you do, and let it ſtew ſoftly till enough; then put into your Pan two or three Anchovies, a little Gravy, or ſtrong Broth, a bit of Butter, and ſome Flour duſted in, and toſs it up till 'tis thick, then diſh it. Garniſh with Lemon.

To ſtew Carp.

SCALE and gut your Carp, and waſh the Blood out of their Bellies with Vinegar; then flour them well, and fry them in Butter till they are thorough hot, then put them into your Stew-pan, with a pint of Claret, two Anchovies, an Onion ſtuck with three or four Cloves, two or three blades of Mace, a bunch of Sweet-herbs, and a pound of freſh Butter; put them over a ſoft fire, three quarters of an Hour will do them; then take your Fiſh up, and put them in the Diſh you ſerve them in; and if your Sauce is not thick enough, boil it a little longer; then ſtrain it over your Carp. This is a very good way to ſtew Eels, only cut them in pieces, and not fry them. Garniſh with Horſe-reddiſh and Lemon.

To pot Eels.

CASE your Eels and gut them, waſh them, and dry them, ſlit them down the back, and take out the bones; cut them in pieces to fit your Pot; then

then rub every piece on both ſides with Pepper, Salt, and grated Nutmeg; then lay them cloſe in the Pot till 'tis full; cover the Pot with coarſe Paſte, and bake them. A Pot that holds eight pound weight muſt have two hours baking; when they come out of the Oven open the Pot, and pour out all the Liquor, then cover them with clarified Butter.

To pickle Mackrel.

SLIT your Mackrel in halves, take out the Roes, gut and clean them, and ſtrew Salt over them, and lay one on another, the Back of one to the Inſide of the other, ſo let them lie two or three Hours; then wipe every piece clean from the Salt, and ſtrew them over with Pepper beaten, and grated Nutmeg, ſo let them lie two or three Hours longer; then fry them well, take them out of the Pan and lay them on coarſe Cloths to drain; when cold put them in a Pan, and cover them over with a Pickle of Vinegar boiled with Spice, when 'tis cold.

To haſh a Calf's Head.

BOIL the Head almoſt enough, then cut it in half, the faireſt half ſcotch and ſtrew it over with grated Bread, and a little ſhred Parſley; ſet it before the Fire to broil, and baſte it with Butter.

CUT the other half and the Tongue in thin ſlices as big as a Crown-piece: Have ſome ſtrong Gravy ready, and put it in a Stew-pan with your Haſh, an Anchovy waſhed, boned, the Head and Tail off; a bit of Onion, two or three Cloves, and two blades of Mace, juſt bruiſed and put into a Rag; then ſtrew in a little Flour, and ſet it to ſtew: When 'tis enough, have in readineſs the yolks of four Eggs well beaten, with two or three ſpoonfuls of White-wine, and ſome grated Nutmeg, and ſtir it in your Haſh till 'tis thick enough; then lay your broiled Head in the middle, and your Haſh round,

round. Garniſh with Lemon and little ſlices of Bacon; always have Forc'd-meat Balls. You may add Sweet-breads and Lamb-ſtones, *&c.*

To jug a Hare.

CUT a Hare in pieces, but do not waſh it; ſeaſon it with half an Onion ſhred very fine, a ſprig of Thyme, and a little Parſley all ſhred, and beaten Pepper and Salt, as much as will lie on a Shilling, half a Nutmeg, and a little Lemon-peel; ſtrew all theſe over your Hare, and ſlice half a pound of fat Bacon into thin ſlices; then put your Hare into a Jug, a Layer of Hare, and the ſlices of Bacon on it; ſo do till all is in the Jug; ſtop the Jug cloſe that not any ſteam can go out; then put it in a pot of cold Water, lay a Tile on the top, and let it boil three hours; take the Jug out of the Kettle, and put half a pound of Butter in it, and ſhake it together till the Butter is melted; then pour it in your Diſh. Garniſh with Lemon.

To jug Pigeons.

PULL, crop, and draw your Pigeons, but not waſh them; ſave the Livers, and put them in ſcalding Water, and ſet them on the fire for a minute or two; then take them out, and bruiſe them ſmall with the back of a Spoon; mix with them a little Pepper, Salt and grated Nutmeg, Lemon-peel ſhred very fine, and chopp'd Parſley, two yolks of Eggs very hard, and bruiſed as you did the Liver, and Suet ſhaved exceeding fine, and ſome grated Bread; work theſe together with raw Eggs, and roll it in Butter, and put a bit into the Crop and Belly of your Pigeon, and ſew up the Neck and Vent; then dip your Pigeons in Water, and ſeaſon them with Pepper and Salt as for a Pye; then put them in your Jug, with a piece of Sallery; ſtop them up cloſe, and ſet them in a Kettle of cold Water,

Water, with a Tile on the top, and let it boil three hours; then take them out of the Jug, and put them in your Diſh; take out the Sallery, and put in a piece of Butter rolled in Flour; ſhake it till 'tis thick, and pour it on your Pigeons. Garniſh with Lemon.

To make Pockets.

CUT three ſlices out of a Leg of Veal, the length of a Finger, the breadth of three Fingers, the thickneſs of a Thumb, with a ſharp Penknife; give it a ſlit through the middle, leaving the bottom and each ſide whole, the thickneſs of a Straw; then lard the top with ſmall fine Lards of Bacon; then make a Forc'd-meat of Marrow, Sweet-breads, and Lamb-ſtones juſt boiled, and make it up after 'tis ſeaſoned and beaten together with the yolks of two Eggs, and put it into your Pockets as if you were filling a Pincuſhion; then ſew up the top with fine Thread, flour them, and put melted Butter on them, and bake them; roaſt three Sweet-breads to put between, and ſerve them with Gravy-Sauce.

To make Runnet.

TAKE a Calf's Bag, ſkewer it up, and let it lie a Night in cold Water, then turn out the Curd into freſh Water, waſh and pick it very clean, and ſcour the Bag inſide and outſide; then put a handful of Salt to the Curd, and put it into a Bag, and ſkewer it up, and let it lie in a clean Pot a Year; then put half a pint of Sack into the Bag, and as much into the Pot, and prick the Bag; then bruiſe one Nutmeg, four Cloves, a little Mace, and tie them up in a bit of thin Cloth, and put it into the Pot, and now and then ſqueeze the Spice Cloth: In a few Days you may uſe it; put a

ſpoonful,

ſpoonful, or at moſt a ſpoonful and half to twenty quarts of Milk.

To make a Summer Cream-Cheeſe.

TAKE three pints of Milk juſt from the Cow, and five pints of good ſweet Cream, which you muſt boil free from ſmoke; then put it to your Milk; cool it till 'tis but blood warm, and then put in a ſpoonful of Runnet; when 'tis well come, take a large Strainer, lay it in a great Cheeſe-fat; then put the Curd in gently upon the Strainer, and when all the Curd is in, lay on the Cheeſe-board, and a weight of two pound. Let it ſo drain three hours, 'till the Whey be well drained from it; then lay a Cheeſe-cloth in your leſſer Cheeſe-fat, and put in the Curd, laying the Cloth ſmooth over it as before, and the Board on the top of that, and a four-pound weight on it; turn it every two hours into dry Cloths before Night, and be careful not to break it next Morning; ſalt it, and keep it in the Fat till the next Day; then put it into a wet Cloth, which you muſt ſhift every Day till 'tis ripe.

To make a New-market *Cheeſe to cut at two Years old.*

ANY Morning in *September*, take twenty quarts of new Milk warm from the Cow, and colour it with Marigolds: when this is done, and the Milk not cold, get ready a quart of Cream, and a quart of fair Water, which muſt be kept ſtirring over the fire till 'tis ſcalding hot, then ſtir it well into the Milk and Runnet, as you do other Cheeſe; when 'tis come, lay Cheeſe-cloths over it, and ſettle it with your Hands; the more Hands the better; as the Whey riſes, take it away, and when 'tis clean gone, put the Curd into your Fat, breaking it as little as you can; then put it in the

Preſs,

Preſs, and preſs it gently an hour; take it out again, and cut it in thin ſlices, and lay them ſingly on a Cloth, and wipe them dry; then put it in a Tub, and break it with your Hands as ſmall as you can, and mix with it a good handful of Salt, and a quart of cold Cream; put it in the Fat, and lay a pound weight on it till next day; then preſs and order it as others.

To make a Runnet-Bag.

LET the Calf ſuck as much as he will, juſt before he is killed; then take the Bag out of the Calf, and let it lie twelve hours, covered over in ſtinging Nettles till 'tis very red; then take out your Curd, and waſh your Bag clean, and ſalt it within-ſide and without, and let it lie ſprinkled with Salt twenty-four Hours, and waſh your Curd in warm new Milk, and pick it, and put away all that is yellow and hollow, and keep what is white and cloſe, and waſh it well, and ſprinkle it with Salt, and when the Bag has lain twenty-four hours, put it into the Bag again, and put to it three ſpoonfuls of the Stroakings of a Cow, beat up with the yolk of an Egg or two, twelve Cloves, and two blades of Mace, and put a Skewer thro' it, and hang it in a Pot; then make the Runnet-water thus:

Take half a pint of fair Water, a little Salt, and ſix tops of the reddiſh of black Thorn, and as many Sprigs of Burnet, and two of Sweet-marjoram; boil theſe in the Water, and ſtrain it out, and when 'tis cold, put one half in the Bag, and let the Bag lie in the other half, and take it out as you uſe it, and when you want, make more Runnet, which you may do ſix or ſeven times; three ſpoonfuls of this Runnet will make a large *Cheſhire* or *Chedder* Cheeſe, and half as much to a common Cheeſe.

To make a Chedder-*Cheeſe.*

TAKE the new Milk of twelve Cows in the Morning, and the Evening Cream of twelve Cows, and put to it three ſpoonfuls of Runnet; and when 'tis come, break it, and whey it; and when 'tis well wheyed, break it again, and work into the Curd three pounds of freſh Butter, and put it in your Preſs, and turn it in the Preſs very often for an hour or more, and change the Cloths, and waſh them every time you change them; you may put wet Cloths at firſt to them, but towards the laſt put two or three fine dry Cloths to them; let it lie thirty or forty hours in the Preſs, according to the thickneſs of the Cheeſe: Then take it out, waſh it in Whey, and lay it in a dry Cloth till 'tis dry; then lay it on your Shelf, and turn it often.

To make Butter.

AS ſoon as you have milked, ſtrain your Milk into a Pot, and ſtir it often for half an hour; then put it in your Pans or Trays; when 'tis creamed, ſkim it exceeding clean from the Milk, and put your Cream into an earthen Pot, and if you do not churn immediately for Butter, ſhift your Cream once in twelve hours into another clean ſcalded Pot, and if you find any Milk at the bottom of the Pot, put it away; and when you have churned, waſh your Butter in three or four Waters, and then ſalt it as you would have it, and beat it well, but not waſh it after 'tis ſalted; let it ſtand in a Wedge, if it be to pot, till the next morning, and beat it again, and make your Layers the thickneſs of three Fingers, and then ſtrew a little Salt on it, and ſo do till your Pot is full.

The Queen's Cheeſe.

TAKE ſix quarts of the beſt Stroakings, and let them ſtand till they are cold; then ſet two quarts of Cream on the Fire till 'tis ready to boil; then take it off, and boil a quart of fair Water, and take the yolks of two Eggs, and one ſpoonful of Sugar, and two ſpoonfuls of Runnet; mingle all theſe together, and ſtir it till 'tis but Blood warm: when the Cheeſe is come, uſe it as other Cheeſe; ſet it at Night, and the third Day lay the Leaves of Nettles under and over it: It muſt be turned and wiped, and the Nettles ſhifted every Day, and in three Weeks it will be fit to eat. This Cheeſe is made between *Michaelmas* and *Alhallontide*.

To make a thick Cream-Cheeſe.

TAKE the Morning's Milk from the Cow, and the Cream of the Night's Milk and Runnet, pretty cool together, and when 'tis come, make it pretty much in the Cheeſe-fat, and in a little Salt, and make the Cheeſe thick in a deep Mold, or a Melon Mold, if you have one: keep it a Year and half, or two Years before you cut it: It muſt be well ſalted on the outſide.

To make a Slip-coat Cheeſe.

TAKE new Milk and Runnet, quite cold, and when 'tis come, break it as little as you can in putting it into the Cheeſe-fat, and let it ſtand and whey itſelf for ſome time; then cover it, and ſet about two pound Weight on it, and when it will hold together, turn it out of that Cheeſe-fat, and keep it turning upon clean Cheeſe-fats for two or three days, till it has done wetting, and then lay it on ſharp-pointed Dock-leaves till 'tis ripe: Shift the Leaves often.

A Cream Cheeſe.

TAKE ſix quarts of new Milk warm from the Cow, and put to it three quarts of good Cream; then Runnet it, and when it comes put a Cloth in the Cheeſe-mold, and with your Flitting-diſh take it out in thin ſlices, and lay it on your Mold by degrees till 'tis all in: then let it ſtand with a Cheeſe-board upon it till 'tis enough to turn, which will be at night; then ſalt it on both ſides a little, and let it ſtand with a two pound weight on it all night; then take it out, and put it into a dry Cloth; and ſo do till 'tis dry; ripen it with laying it on Nettles; ſhift the Nettles every day.

All Sorts of PICKLES.

To pickle Muſhrooms.

GATHER your Muſhrooms in the Morning, as ſoon as poſſible after they are out of the Ground: for one of them that are round and unopen'd, is worth five that are open. If you do gather any that are open, let them be ſuch as are reddiſh in the Gills, for thoſe that have white Gills are not good. Having gathered them, peel them into Water: When they are all done, take them out, and put them into a Sauce-pan; then put to them a good quantity of Salt, whole Pepper, Cloves, Mace, and Nutmeg quartered; let them boil in their own Liquor a quarter of an hour with a quick fire; then take them off the fire, and paſs them through a Colander, and let them ſtand till they are cold; then put all the Spice that was

uſed in the boiling them, to one half White-wine, and the other half White-wine Vinegar, ſome Salt, and a few Bay-leaves; then give them a boil or two: There muſt be Liquor enough to cover them; and when they are cold put a ſpoonful or two of Oil on the top to keep them: You muſt change the Liquor once a Month.

To make Melon Mangoes.

TAKE ſmall Melons, not quite ripe, cut a ſlip down the ſide, and take out the Inſide very clean: beat Muſtard-ſeeds, and ſhred Garlick, and mix with the Seeds, and put in your Mangoes; put the pieces you cut out into their places again, and tie them up, and put them into your Pot, and boil ſome Vinegar, (as much as you think will cover them) with whole Pepper, and ſome Salt, and *Jamaica* Pepper, and pour in ſcalding hot over your Mangoes, and cover them cloſe to keep in the ſteam; and ſo do every day for nine times together, and when they are cold cover them with Leather.

To pickle Walnuts.

TAKE Walnuts about *Midſummer*, when a Pin will paſs through them, and put them in a deep Pot, and cover them over with ordinary Vinegar; change them into freſh Vinegar, once in fourteen days, till ſix Weeks be paſt; then take two galons of the beſt Vinegar, and put into it Coriander-ſeeds, Carraway-ſeeds, Dill-ſeeds, of each an ounce groſly bruiſed, Ginger ſliced three ounces, whole Mace one ounce, Nutmeg bruiſed two ounces, Pepper bruiſed two ounces, give all a boil or two over the fire, and have your Nuts ready in a Pot, and pour the Liquor boiling hot over them; ſo do for nine times.

To pickle Cucumbers in Slices.

SLICE your Cucumbers pretty thick, and to a dozen of Cucumbers ſlice in two or three good Onions, and ſtrew on them a large handful of Salt, and let them lie in their Liquor twenty-four hours; then drain them, and put them between two coarſe Cloths; then boil the beſt White-wine Vinegar, with ſome Cloves, Mace, and *Jamaica* Pepper in it, and pour it ſcalding hot over them, as much as will cover them all over; when they are cold, cover them up with Leather, and keep them for uſe.

To pickle Sprats for Anchovies.

TAKE an Anchovy-barrel, or a deep glazed Pot; put a few Bay-leaves at the bottom; then a Layer of Bay-ſalt, and ſome Petre-ſalt mixt together; then a Layer of Sprats crowded cloſe; then Bay-leaves, and the ſame Salt and Sprats, and ſo till your Barrel or Pot be full; then put in the head of your Barrel cloſe, and once a Week turn the other end upwards; in three months they'll be fit to eat as Anchovies raw, but they will not diſſolve.

To pickle Sparrows or Squab-Pigeons.

TAKE your Sparrows, Pigeons, or Larks, and draw them, and cut off their Legs; then make a Pickle of Water, a quarter of a pint of White-wine, a bunch of Sweet-herbs, Salt, Pepper, Cloves and Mace; when it boils, put in your Sparrows, and when they are enough, take them up, and when they are cold, put them in the Pot you keep them in; then make a ſtrong Pickle of Rheniſh-wine, and White-wine Vinegar, put in an Onion, a Sprig of Thyme and Savoury, ſome Lemon-peel,

ſome Cloves, Mace and whole Pepper; ſeaſon it pretty high with Salt; boil all theſe together very well; then ſet it by till 'tis cold, and put it to your Sparrows; once in a Month new boil the Pickle, and when the Bones are diſſolved, they are fit to eat; put them in *China*-Saucers, and mix with your Pickles.

To pickle Naſturtium-Buds.

GATHER your little Knobs quickly after your Bloſſoms are off; put them in cold Water and Salt for three days, ſhifting them once a day; then make a Pickle (but do not boil it at all) of ſome White-wine, ſome White-wine Vinegar, Eſchalot, Horſe-radiſh, Pepper, Salt, Cloves, and Mace whole, and Nutmeg quartered; then put in your Seeds and ſtop them cloſe; they are to be eaten as Capers.

To keep Quinces in Pickle.

CUT five or ſix Quinces all to pieces, and put them in an earthen Pot or Pan, with a gallon of Water, and two pounds of Honey; mix all theſe together well, and then put them in a Kettle to boil leiſurely half an hour, and then ſtrain your Liquor into that earthen Pot, and when 'tis cold, wipe your Quinces clean, and put them into it: They muſt be covered very cloſe, and they will keep all the year.

To pickle Aſparagus.

GATHER your Aſparagus, and lay them in an earthen Pot; make a Brine of Water and Salt ſtrong enough to bear an Egg, and pour it hot on them, keep it cloſe covered: when you uſe them hot, lay them in cold Water for two hours, then boil and butter them for the Table; and if

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you uſe them as a Pickle, boil them and lay them in Vinegar.

To pickle Aſhen-keys.

TAKE Aſhen-keys as young as you can get them, and put them in a Pot with Salt and Water; then take green Whey, when 'tis hot, and pour over them; let them ſtand till they are cold before you cover them, ſo let them ſtand; when you uſe them, boil them in fair Water; when they are tender take them out, and put them in Salt and Water.

To pickle Samphire.

PICK your Samphire from dead or withered Branches; lay it in a Bell-metal or Braſs Pot; then put in a pint of Water and a pint of Vinegar; ſo do till your Pickle is an inch above your Samphire; have a lid fit for the Pot, and paſte it cloſe down, that no ſteam may go out; keep it boiling an hour, take it off, and cover it with old Sacks, or any old Cloths, under, over, and all about the Pot: when 'tis cold, put it up in Tubs or Pots; the beſt by itſelf; the great Stalks lay upmoſt in boiling; it will keep the cooler and better. The Vinegar you uſe muſt be the beſt.

To mango Cucumbers.

CUT out a little Slip out of the Side of the Cucumber, and take out the Seeds, but as little of the Meat as you can; then put in the Inſide Muſtard-ſeed bruiſed, a Clove of Garlick, ſome ſlices of Ginger, and ſome bits of Horſe-radiſh; tie the piece in again, and make a Pickle of Vinegar, Salt, whole Pepper, Cloves, Mace, and boil it, and pour it on the Mangoes; and ſo do for nine days together; when cold, cover them with Leather.

Another Way to pickle Walnuts.

TAKE Walnuts about *Midſummer*, when a Pin will paſs through them; and put them in a deep Pot, and cover them over with ordinary Vinegar; change them into freſh Vinegar once in fourteen days, ſo do four times; then take ſix quarts of the beſt Vinegar, and put into it an ounce of Dill-ſeeds groſsly bruiſed; Ginger ſliced three ounces, Mace whole one ounce, Nutmegs quartered two ounces, whole Pepper two ounces; give all a boil or two over the Fire; then put your Nuts into a Crock, and pour your Pickle boiling hot over them; cover them up cloſe till 'tis cold to keep in the Steam: then have Gallipots ready, and place your Nuts in them till your Pots are full; put in the middle of each Pot a large Clove of Garlick ſtuck full of Cloves; and ſtrew over the tops of the Pots Muſtard-ſeed finely beaten, a ſpoonful, or more or leſs, according to the bigneſs of your Pot; then put the Spice on, and lay Vine-leaves, and pour on the Liquor, and lay a Slate on the top to keep them under the Liquor. Be careful not to touch them with your Fingers, leſt they turn black; but take them out with a wooden Spoon; put a handful of Salt in with the Spice. When you firſt boil the Pickle, you muſt likewiſe remember to keep them under the Pickle they are firſt ſteeped in, or they will loſe their colour. Tie down the Pots with Leather. A ſpoonful of this Liquor will reliſh Sauce for Fiſh, Fowl, or Fricaſy.

To pickle Lobſters.

BOIL your Lobſters in Salt and Water, till they will eaſily ſlip out of the Shell; take the Tails out whole, and juſt crack the Claws, and take out as whole as poſſible; then make the Pickle half White-wine and half Water; put in whole

whole Cloves, whole Pepper, whole Mace, two or three Bay-Leaves; then put in the Lobſters, and let them have a boil or two in the Pickle; then take them out, and ſet them by to be cold, boil the Pickle longer, and when both are cold, put them together, and keep them for Uſe. Tie the Pot down cloſe; eat them with Oil, and Vinegar, and Lemon.

An excellent way to pickle Muſhrooms.

PUT your Muſhrooms into Water, and waſh them clean with a Spunge, throw them into Water as you do them; then put in Water and a little Salt, and when it boils put in your Muſhrooms; when they boil up ſcum them clean, and put them into cold Water, and a little Salt: Let them ſtand 24 Hours, and put them into White-wine Vinegar, and let them ſtand a Week; then take your Pickle from them, and boil it very well with whole Pepper, Cloves, Mace, and a little All-ſpice; when your Pickle is cold, put it to your Muſhrooms in the Glaſs or Pot you keep them in; keep them cloſe, and tied down with a Bladder; the Air will hurt them; if your Pickle mothers, boil it again: You may make your Pickle half White-wine, and half White-wine Vinegar.

To pickle Oyſters.

WASH your Oyſters iu their own Liquor, ſqueezing them between your Fingers, that there be no Gravel in them; ſtrain the Liquor, and waſh the Oyſters in it again; put as much Water as the Liquor, and ſet it on the Fire, and as it boils ſcum it clean; then put a pretty deal of whole Pepper, boil it a little, then put in ſome blades of Mace, and your Oyſters, ſtirring them apace, and when they are firm in the middle-part, take them off, pour them quick into an earthen Pot.

Pot, and cover them very cloſe; put in a few Bay-leaves; be ſure your Oyſters are all under the Liquor; the next day put them up for uſe, cover them very cloſe: When you diſh them to eat, put a little White-wine or Vinegar on the Plate with them.

To pickle Pods of Radiſhes.

GATHER the youngeſt Pods, and put them in Water and Salt twenty-four hours; then make a Pickle for them of Vinegar, Cloves, Mace, whole Pepper: boil this, and drain the Pods from the Salt and Water, and pour the Liquor on them boiling hot: put to them a Clove of Garlick a little bruiſed.

To pickle Cucumbers.

WIPE your Cucumbers very clean with a Cloth, then get ſo many quarts of Vinegar as you have hundreds of Cucumbers, and take Dill and Fennil, and cut it ſmall, and put it to the Vinegar, and ſet it over the Fire in a Copper Kettle, and let it boil, and then put in your Cucumbers till they are warm through, but not boil while they are in; when they are warm through, pour all out into a deep earthen Pot, and cover it up very cloſe till the next day; then do the ſame again; but the third day ſeaſon the Liquor before you ſet it over the Fire; put in Salt till 'tis blackiſh, ſome ſliced Ginger, whole Pepper, and whole Mace; then ſet it over the Fire again; and when it boils, put in your Cucumbers: When they are hot through, pour them into the Pot, covering it cloſe; when they are cold, put them in Glaſſes, and ſtrain the Liquor over them; pick out the Spice, and put to them; cover them with Leather.

To pickle French *Beans.*

TAKE young ſlender *French* Beans; take off Top and Tail; then make a Brine with cold Water

Water and Salt ſtrong enough to bear an Egg: put in your Beans into that Brine, and let them lie fourteen Days; then take them out, and waſh them in fair Water, and ſet them over the Fire in cold Water, without Salt, and let them boil till they are ſo tender as to eat; and when they are cold, drain them from their Water, and make a pickle for them: to a Peck of *French* Beans, you muſt have a gallon of White-wine Vinegar; boil it with ſome Cloves, Mace, whole Pepper, and ſliced Ginger, and when 'tis cold, put it and your Beans in a Glaſs; ſo keep them for uſe.

Another way to pickle French *Beans.*

PICK the ſmall ſlender Beans from the Stalks, and let them lie fourteen Days in Salt and Water, then waſh them clean from the Brine, and put them in a Kettle of Water over a ſlow Fire, covered over with Vine-leaves; let them ſtew, and not boil, till they are almoſt as tender as for eating; then ſtrain them off, and ſtrain them on a coarſe Cloth to dry; then put them in your Pots: Boil Alegar, ſcum it, and pour it over them, covering them cloſe; boil it ſo three or four Days together, till they be green: put Spice, as to other Pickles, and when cold, cover with Leather.

To pickle Aſparagus.

TAKE of the largeſt Aſparagus, cut off the White at the Ends, and ſcrape them lightly to the Head, till they look green; wipe them with a Cloth, and lay them in a broad Gallipot very even; throw over them whole Cloves, Mace, and a little Salt; put over them as much White-wine Vinegar as will cover them very well: Let them lie in the cold Pickle nine Days; then pour the Pickle out into a Braſs Kettle, and let them boil; then put them in, and ſtove them down cloſe, and ſet them

them by a little; then ſet them over again, till they are very green; but take care they don't boil to be ſoft; then put them in a large Gallipot, place them even, and put the Liquor over them; when cold tie them down with Leather: 'Tis a good Pickle, and looks well in a ſavoury made Diſh or Pye.

To pickle Broom-Buds.

PUT your Broom-buds into little Linnen-bags, tie them up, and make a Pickle of Bay-ſalt and Water boiled, and ſtrong enough to bear an Egg; put your Bags in a Pot, and when your Pickle is cold, put it to them; keep them cloſe, and let them lie till they turn black: then ſhift them two or three times, till they change green; then take them out, and boil them as you have occaſion for them: when they are boiled, put them out of the Bag; in Vinegar they will keep a Month after they are boiled.

To pickle Purſlain Stalks.

WASH your Stalks, and cut them in pieces ſix Inches long; boil them in Water and Salt a dozen Walms; take them up, drain them, and when they cool, make a Pickle of ſtale Beer, White-wine Vinegar, and Salt; put them in, and cover them cloſe.

To pickle Red Cabbage.

TAKE your cloſe-leaved red Cabbage, and cut it in quarters, and when your Liquor boils, put in your Cabbage, and give it a dozen Walms; then make the Pickle of White-wine Vinegar and Claret: You may put to it Beet-root, boil them firſt, and Turnips half boiled; 'tis very good for the garniſhing Diſhes, or to garniſh a Salade.

To pickle Barberries.

TAKE of White-wine Vinegar, and fair Water, an equal quantity, and to every pint of this Liquor, put a pound of ſix-penny Sugar; ſet it over the Fire, and bruiſe ſome of the Barberries and put in it a little Salt; let it boil near half an hour; then take it off the Fire, and ſtrain it, and when 'tis pretty cold, pour it into a Glaſs over your Barberries; boil a piece of Flannel in the Liquor and put over them, and cover the Glaſs with Leather.

Another way to pickle Barberries.

TAKE Water, and colour it red with ſome of the worſt of your Barberries, and put Salt to it, and make it ſtrong enough to bear an Egg; then ſet it over the Fire, and let it boil half an hour; ſcum it, and when 'tis cold, ſtrain it over your Barberries; lay ſomething on them to keep them in the Liquor, and cover the Pot or Glaſs with Leather.

To pickle Salmon.

TAKE two quarts of good Vinegar, half an ounce of black Pepper, half an ounce of *Jamaica* Pepper; Cloves and Mace, of each a quarter of an ounce; near a pound of Salt; bruiſe the Spice groſly, and put all theſe to a ſmall quantity of Water, put juſt enough to cover your Fiſh: Cut the Fiſh round, three or four pieces, according to the Size of the Salmon, and when the Liquor boils put in your Fiſh, boil it well; then take the Fiſh out of the Pickle, and let it cool; and when 'tis cold, put your Fiſh into the Barrel or Stein you keep it in, ſtrowing ſome Spice, and Bay-leaves, between every piece of Fiſh: Let the Pickle cool, and ſcum

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off the Fat, and when the Pickle is quite cold, pour it on your Fiſh, and cover it very cloſe.

To pickle Oyſters.

TAKE a hundred and half of large Oyſters, waſh them in their own Liquor; and then ſcald them in their own Liquor; then take them out, and lay them on a clean Cloth to cool; then ſtrain their Liquor, and boil and ſcum it clean, and put to it one pint of White-wine, half a pint of White-wine Vinegar, one Nutmeg beat groſly, one Onion ſlit, an ounce of white Pepper, half whole, the other half juſt bruiſed, ſix or eight blades of Mace, a quarter of an ounce of Cloves, five or ſix Bay-leaves; boil up this Pickle till 'tis of a good taſte; then cool it in broad Diſhes, and put your Oyſters in a deep Pot or Barrel, and when the Pickle is cold put it to them; in five or ſix Days they will be ready to eat, and will keep three Weeks or a Month, if you take them out with a Spoon, and not touch them with your Fingers.

The Lemon Salade.

TAKE Lemons, and cut them in halfs, and when you have taken out the Meat, lay the Rinds in Water twelve hours; then take them out, and cut the Rinds thus ⊙; then boil them in Water till they are tender; then take them out and dry them; then take a pound of Loaf Sugar and put to it a quarter of a pint of White-wine, and twice as much White-wine Vinegar, and boil it a little; then take it off, and when 'tis cold put it in the Pot to your Peels: they will be ready to eat in five or ſix days, and it is a pretty Salade.

Another way to pickle Pigeons.

TAKE your Pigeons and bone them, beginning at the Rump; then take Cloves, Mace, Nutmeg,

Nutmeg, Pepper, Salt, Thyme, Lemon-peel; beat the Spice, ſhred the Herbs and Lemon-peel very ſmall, and ſeaſon the inſide of your Pigeons, and then ſew them up, and place the Legs and Wings in order: then ſeaſon the outſide and make a Pickle for them. To a dozen of Pigeons two quarts of Water, one quart of White-wine, a few Blades of Mace, ſome Salt, ſome whole Pepper, and when it boils, put in your Pigeons, and let them boil till they are tender; then take them out and ſtrain out the Liquor, and put your Pigeons in a Pot, and when the Liquor is cold, pour it on them. When you ſerve them to the Table, dry them out of the Pickle, and garniſh the Diſh with Fennel or Flowers. Eat them with Vinegar and Oil.

To pickle Purſlain Stalks.

TAKE the largeſt and greeneſt Purſlain Stalks, gather them dry, and ſtrip off all the Leaves. Lay the Stalks cloſe in an earthen Pot: you may lay Kidney-beans among them, for you may do them the ſame way; then lay a Stick or two acroſs to keep them under the Pickle, which muſt be made thus: Take Whey, and ſet it on the Fire, with as much Salt as will make it almoſt as ſalt as Brine; ſcum off all the Curd, and let it boil a quarter of an hour longer, with *Jamaica* Pepper in it. Next day, when 'tis cold, pour the clear through a clean Cloth upon the Pickles, and tie it down cloſe, and ſet it in a cool Cellar. In Winter, take a few out as you uſe them: waſh them till the Water runs clean; then put your Beans or Stalks into cold Water, and ſet them over the Fire, very cloſe covered, and let them ſcald two hours; and tho' they be black as Ink, or ſtink before you put them in, they will be very green and good when done; then boil Vinegar, Salt, Pepper, *Jamaica* Pepper, Ginger, for half a quarter of an hour; and when your Stalks are well drain'd from the Water through a Colander,

Colander, then put your Pickle to them, and when theſe are uſed, green more, but do not do many at a time.

To make Engliſh *Katchup.*

TAKE a wide-mouth'd Bottle, put therein a pint of the beſt White-wine Vinegar; then put in ten or twelve Cloves of Eſchalot peeled and juſt bruiſed; then take a quarter of a pint of the beſt Langoon White-wine; boil it a little, and put to it twelve or fourteen Anchovies waſh'd and ſhred, and diſſolve them in the Wine, and when cold put them in the Bottle; then take a quarter of a pint more of White-wine, and put in it Mace, Ginger ſliced, a few Cloves, a ſpoonful of whole Pepper juſt bruiſed, let them boil all a little; when near cold, ſlice in almoſt a whole Nutmeg, and ſome Lemon-peel, and likewiſe put in two or three ſpoonfuls of Horſe-radiſh; then ſtop it cloſe, and for a Week ſhake it once or twice a day; then uſe it; 'tis good to put into Fiſh Sauce, or any ſavoury Diſh of Meat; you may add to it the clear Liquor that comes from Muſhrooms.

To pickle Cucumbers in Slices.

TAKE your Cucumbers at the full Bigneſs, but not yellow, and ſlice them half an Inch thick; ſlice an Onion or two with them, and ſtrew a pretty deal of Salt on them; let them ſtand to drain all night; then pour the Liquor clear from them: dry them in a coarſe Cloth, and boil as much Vinegar as will cover them, with whole Pepper, Mace, and a quarter'd Nutmeg; pour it ſcalding hot on your Cucumbers, keeping them very cloſe ſtopt; in two or three days heat your Liquor again, and pour over them; ſo do two or three times more, then tye them up with Leather.

To pickle ſmall Onions.

TAKE young white unſet Onions, as big as the tip of your Finger; lay them in Water and Salt two Days; ſhift them once, then drain them in a Cloth; boil the beſt Vinegar with Spice, according to your taſte, and when 'tis cold, keep them in it covered with a wet Bladder.

Another way to pickle Walnuts.

TAKE your Nuts fit to preſerve, prick them full of holes, and cut the ſlit in the creaſe half through. Put them as you do them into Brine; let them lie three Weeks, changing the Brine every four days: take them out with a Cloth, and wipe them dry; put them in a Pot, with a good deal of bruiſed Muſtard-ſeed; then have your Pickle ready; which muſt be Wine-Vinegar, as much as will cover them; put in Cloves, Mace, Ginger, Pepper, Salt, three or four Cloves of Garlick ſtuck with Cloves, and pour your Liquor boiling hot upon them, and keep them cloſe tied for a fortnight; boil the Pickle again, ſo do three times; put Oil on the top.

To diſtil Vinegar for Muſhrooms.

TO a gallon of Vinegar put an ounce and half of Ginger ſliced, one ounce of Nutmegs bruiſed, half an ounce of Mace, half an ounce of white Pepper, as much *Jamaica* Pepper, both bruiſed, a few Cloves; diſtil this: Take care it does not burn in the Still.

To pickle Muſhrooms.

TAKE only the Buttons; waſh them in Milk and Water with a Flannel; put Milk on the

Fire, and when it boils, put in your Muſhrooms, and boil them four or five boils, and have in readineſs a Brine made with Milk and Salt, and take them out of the boiling Brine, and put them into the Milk Brine, and cover them up all night; then have a Brine with Water and Salt, boil it, and let it ſtand to be cold, and put in your Buttons, and waſh them in it. When you firſt boil your Muſhrooms, you muſt put with them an Onion and Spice. Then have in readineſs a Pickle, made with half White-wine, and half White-wine Vinegar; boil it in Ginger, Mace, Nutmegs, and whole white Pepper; when 'tis quite cold, put your Muſhrooms into the Bottle, and ſome Bay-leaves on the ſides, and ſtrew between ſome of your boiled Spice; then put in the Liquor, and a little Oil on the top; cork and rozin the top; ſet them cool and dry, and the bottom upwards.

A Leg of Mutton A-la-Daube.

LARD your Meat with Bacon through, but ſlant-way; half roaſt it; take it off the Spit, and put it in a ſmall Pot as will boil it; two quarts of ſtrong Broth, a pint of White-wine, ſome Vinegar, whole Spice, Bay-leaves, green Onions, Savoury, Sweet-marjoram; when 'tis ſtew'd enough, make Sauce of ſome of the Liquor, Muſhrooms, Lemon cut like Dice, two or three Anchovies: thicken it with browned Butter. Garniſh with Lemon.

To marinate Smelts.

TAKE your Smelts, gut them neatly, waſh and dry them, and fry them in Oil; lay them to drain and cool, and have in readineſs a Pickle made with Vinegar, Salt, Pepper, Cloves, Mace, Onion, Horſe-radiſh: let it boil together half an hour, when 'tis cold put in your Smelts.

To make the Muſhroom Powder.

TAKE a peck of Muſhrooms, waſh and rub them clean with a flannel Rag, cutting out all the Worms; but do not peel off the Skins: put to them ſixteen blades of Mace, forty Cloves, ſix Bay-leaves, twice as much beaten Pepper as will lie on a half Crown; a good handful of Salt, a dozen Onions, a piece of Butter as big as an Egg, and half a pint of Vinegar: ſtew theſe as faſt as you can; keep the Liquor for uſe, and dry the Muſhrooms firſt on a broad Pan in the Oven; afterwards put them on Sieves, till they are dry enough to pound all together into Powder. This quantity uſually makes half a pound.

To pickle Lemons.

TAKE twelve Lemons, ſcrape them with a piece of broken glaſs; then cut them croſs into four parts, downright, but not quite through, but that they will hang together; then put in as much Salt as they will hold, and rub them well, and ſtrew them over with Salt; let them lye in an earthen Diſh, and turn them every day for three days; then ſlice an ounce of Ginger very thin, and ſalted for three days; twelve Cloves of Garlick parboiled, and ſalted three days; a ſmall handful of Muſtard-ſeed bruiſed, and ſearced through a Hair Sieve; ſome red Indian Pepper, one to every Lemon. Take your Lemons out of the Salt, and ſqueeze them gently, and put them into a Jar, with the Spice, and cover them with the beſt White-wine Vinegar. Stop them up very cloſe, and in a Month's time they will be fit to eat.

To keep Artichoaks in Pickle, to boil all Winter.

THROW your Artichoaks into Salt and Water half a Day; then make a Pot of Water boil, and put in your Artichoaks, and let them boil till you can juſt draw off the Leaves from the bottom; then cut off the bottom very ſmooth and clean, and put them into a Pot with Pepper, Salt, Cloves, Mace, two Bay-leaves, and as much Vinegar as will cover them: Then pour melted Butter over them enough to cover an inch thick; tie it down cloſe, and keep them for uſe: When you uſe them, put them into boiling Water, with a piece of Butter in the Water to plump them; then uſe them for what you pleaſe.

To pickle Muſhrooms.

RUB your Muſhrooms with a piece of Flannel in a little Water, and as you clean, put others into your pot you deſign to do them in; then ſet them into a pot of hot Water, as if you were going to infuſe them; let them be covered cloſe, and boil them till they be ſettled about half from what they were at firſt: Take them out into a Sieve to let the Liquor run off, and immediately ſpread them on a clean coarſe Cloth, and ſmother them up cloſe; when cold, put them in the beſt White-wine Vinegar and Salt, and let them lye nine or ten days in it; then make your Pickle with freſh White-wine Vinegar, white Pepper whole, and a little Salt.

To pickle Walnuts.

IN *July* gather the largeſt Walnuts, and let them lie nine days in Salt and Water, ſhifting them every third day; let the Salt and Water be ſtrong enough to bear an Egg; then put two pots of Water

ter on the Fire; when the Water is hot, put in your Walnuts; ſhift them out of one pot into the other; for the more clean Water they have the better; when ſome of them begin to riſe in the Water, they are enough; then pour them into a Colander, and with a woollen Cloth wipe them clean, and put them in the Jar you keep them in; then boil as much Vinegar as will cover them, with beaten Pepper, Cloves, Mace, and Nutmeg, juſt bruiſed, and put ſome Cloves of Garlick into the Pot to them, and whole Spice, and *Jamaica* Pepper; and when they are cold, put into every half-hundred of Nuts, three ſpoonfuls of Muſtard-ſeed. Tye a Bladder over them and Leather.

Another way to pickle Muſhrooms.

SCRAPE the Buttons carefully with a Penknife, and throw them into cold Water as you ſcrape them; and put them into freſh Water, and ſet them cloſe covered over a quick clear Fire; blow under it to make it boil as faſt as poſſible half a quarter of an hour; ſtrain them off, and turn the hollow end down upon a wooden Board as quick as you can, whilſt they remain hot, and then ſprinkle them over with a little Salt; when they are cold, put them into Bottles or Glaſſes, with a little Mace, and ſliced Ginger, and cover them with cold White-wine Vinegar. Tye Bladders or Leather over them.

To make Gooſeberry-Vinegar.

TAKE Gooſeberries full ripe, bruiſe them in a Mortar; then meaſure them, and to every quart of Gooſeberries, put three quarts of Water, firſt boiled, and let ſtand till cold; let it ſtand twenty-four hours; then ſtrain it through a Canvaſs, then a Flannel; and to every gallon of this Liquor, put one pound of feeding brown Sugar; ſtir it well, and barrel it up; at three quarters of a year

old 'tis fit for uſe; but if it ſtands longer, 'tis the better: This Vinegar is likewiſe good for Pickles.

Another ſort of Muſhroom-Powder

TAKE the large Muſhrooms, waſh them clean from Grit; cut off the Stalks, but do not peel or gill them, ſo put them into a Kettle over the Fire, but no Water; put a good quantity of Spice of all ſorts, two Onions ſtuck with Cloves, a handful of Salt, ſome beaten Pepper, and a quarter of a pound of Butter; let all theſe ſtew, till the Liquor is dry'd up in them; then take them out, and lay them on Sieves to dry, till they will beat to Powder; preſs the Powder hard down in a Pot, and keep it for uſe, what quantity you pleaſe at a time in Sauce.

To pickle Muſhrooms.

TAKE your Muſhrooms freſh gathered, peel or rub them, and put them in Milk, and Water and Salt; when they are all peeled, take them out of that, and put them into freſh Milk, Water, and Salt to boil, and an Onion ſtuck with Cloves; and when they have boiled a little, take them off, and take them out of that, and ſmother them between two Flannels; then take as much good Alegar as you think will cover them, and boil it with Ginger, Mace, Nutmeg, and whole Pepper; when 'tis cold, let it be put on your Muſhrooms, and cover them cloſe.

To pickle Muſcles or Cockles.

TAKE your freſh Muſcles, or Cockles; waſh them very clean, and put them in a Pot over the Fire, till they open; then take them out of their Shells, and pick them clean, and lay them to cool; then put their Liquor to ſome Vinegar, whole Pepper,

Pepper, Ginger ſliced thin, and Mace, and ſet it over the Fire; when 'tis ſcalding hot, put in your Muſcles, and let them ſtew a little; then pour out the Pickle from them, and when both are cold put them in an earthen Jug, and cork it up cloſe: In two or three Days they will be fit to eat.

To do the fine hanged Beef.

THE piece that is fit to do, is the Navel-piece, and let it hang in your Cellar as long as you dare for ſtinking, and till it begins to be a little ſappy; take it down, and waſh it in Sugar and Water; waſh it with a clean Rag very well, one piece after another: for you may cut that piece in three; then take Six-penny-worth of Salt-petre, and two pounds of Bay-ſalt; dry it, and pound it ſmall, and mix with it two or three ſpoonfuls of brown Sugar, and rub your Beef in every place very well with it; then take of common Salt, and ſtrew all over it as much as you think will make it ſalt enough; let it lie cloſe, till the Salt be diſſolv'd, which will be ſix or ſeven days; then turn it every other day, the undermoſt uppermoſt, and ſo for a fortnight; then hang it where it may have a little warmth of the Fire; not too hot to roaſt it. It may hang in the Kitchen a Fortnight; when you uſe it, boil it in Hay and Pump-water, very tender: it will keep boiled two or three months, rubbing it with a greaſy Cloth, or putting it two or three minutes into boiling Water to take off the Mouldineſs.

To diſtil Verjuice for Pickles.

TAKE three quarts of the ſharpeſt Verjuice, and put it in a cold Still, and diſtil it off very ſoftly; the ſooner 'tis diſtill'd in the Spring, the better for uſe.

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To pickle Muſhrooms.

TAKE your Muſhrooms as ſoon as they come in; cut the Stalks off, and throw your Muſhrooms into Water and Salt as you do them; then rub them with a piece of Flannel, and as you do them, throw them into another Veſſel of Salt and Water, and when all is done, put ſome Salt and Water on the Fire, and when 'tis ſcalding hot, put in your Muſhrooms, and let them ſtay in as long as you think will boil an Egg: throw them into cold Water as ſoon as they come off the Fire; but firſt put them in a Sieve, and let them drain from the hot Water, and be ſure to take them out of the hot Water immediately, or they will wrinkle and look yellow. Let them ſtand in the cold Water till next Morning, then take them out, and put them into freſh Water and Salt, and change them every day for three or four days together; then wipe them very dry, and put them into diſtilled Vinegar: The Spice muſt be diſtilled in the Vinegar.

Sauce for Fiſh or Fleſh.

TAKE a quart of Verjuice, and put it into a Jug; then take *Jamaica* Pepper whole, ſome ſliced Ginger, ſome Mace, a few Cloves, ſome Lemon-peel, Horſe-radiſh-root ſliced, ſome Sweet-herbs, ſix Eſchalots peeled, and eight Anchovies, two or three ſpoonfuls of ſhred Capers; put all theſe into a Linnen-bag, and put the Bag into your Verjuice; ſtop the Jug cloſe, and keep it for uſe; a ſpoonful cold or mixed in Sauce for Fiſh or Fleſh.

All Sorts of PUDDINGS.

To make an Orange Pudding.

TAKE two large Sevil Oranges, and grate off the Rind, as far as they are yellow; then put your Oranges in fair Water, and let them boil till they are tender; ſhift the Water three or four times to take out the Bitterneſs; when they are tender, cut them open, and take away the Seeds and Strings, and beat the other part in a Mortar, with half a pound of Sugar, till 'tis a Paſte; then put in the yolks of ſix Eggs, three or four ſpoonfuls of thick Cream, half a Naples-Biſket grated; mix theſe together, and melt a pound of very good freſh Butter, and ſtir it well in; when 'tis cold, put a bit of fine Puff-paſte about the Brim and bottom of your Diſh, and put it in and bake it about three quarters of an Hour.

Another ſort of Orange Pudding.

TAKE the outſide Rind of three Sevil-Oranges, boil them in ſeveral Waters till they are tender; then pound them in a Mortar with three quarters of a pound of Sugar; then blanch and beat half a pound of Almonds very fine, with Roſe-water to keep them from oiling; then beat ſixteen Eggs, but ſix Whites, and a pound of freſh Butter; beat all theſe together very well till 'tis light and hollow; then put it in a diſh, with a ſheet of Puff-paſte at the bottom, and bake it with Tarts; ſcrape Sugar on it, and ſerve it up hot.

To make a Carrot Pudding.

TAKE raw Carrots, and ſcrape them clean, grate them with a Grater without a back. To half a pound of Carrot, take a pound of grated Bread, a Nutmeg, a little Cinamon, a very little Salt, half a pound of Sugar, and half a pint of Sack, eight Eggs, a pound of Butter melted, and as much Cream as will mix it well together; ſtir it and beat it well up, and put it in a Diſh to bake; put Puff-paſte at the bottom of your Diſh.

To make an Almond Pudding.

TAKE a pound of the beſt *Jordan*-Almonds blanched in cold Water, and beat very fine with a little Roſe-water; then take a quart of Cream, boiled with whole Spice, and taken out again, and when 'tis cold, mix it with the Almonds, and put to it three ſpoonfuls of grated Bread, and one ſpoonful of Flour, nine Eggs, but three Whites, half a pound of Sugar, a Nutmeg grated; mix and beat theſe well together, put ſome Puff-paſte at the bottom of a Diſh; put your Stuff in, and here and there ſtick a piece of Marrow in it. It muſt bake an hour, and when 'tis drawn, ſcrape Sugar on it, and ſerve it up.

To make a Marrow Pudding.

TAKE out the Marrow of three or four Bones, and ſlice it in thin pieces; and take a Penny-Loaf, cut off the Cruſt, and ſlice it in as thin ſlices as you can, and ſtone half a pound of Raiſins of the Sun; then lay a ſheet of thin Paſte in the bottom of a diſh; ſo lay a row of Marrow, of Bread, and of Raiſins, till the Diſh is full; then have in readineſs a quart of Cream boiled, and beat five Eggs, and mix with it; put to it a Nutmeg grated, and half

half a pound of Sugar. When 'tis juſt going into the Oven, pour in your Cream and Eggs; bake it half an hour, ſcrape Sugar on it when 'tis drawn, and ſerve it up.

A Bread and Butter Pudding for Faſting Days.

TAKE a two-penny Loaf, and a pound of freſh Butter; ſpread it in very thin ſlices, as to eat; cut them off as you ſpread them, and ſtone half a pound of Raiſins, and waſh a pound of Currants; then put Puff-paſte at the bottom of a diſh, and lay a Row of your Bread and Butter, and ſtrew a handful of Currants, and a few Raiſins, and ſome little bits of Butter, and do ſo till your diſh is full; then boil three pints of Cream and thicken it when cold with the yolks of ten Eggs, a grated Nutmeg, a little Salt, near half a pound of Sugar, ſome Orange-flower-water, and pour this in juſt as the Pudding is going into the Oven.

Another baked Bread Pudding.

TAKE a penny Loaf, cut it in thin ſlices, then boil a quart of Cream or new Milk, and put in your Bread, and break it very fine; put five Eggs to it, a Nutmeg grated, a quarter of a pound of Sugar, and half a pound of Butter; ſtir all theſe well together; butter a diſh, and bake it an hour.

A Lemon Pudding.

TAKE two clear Lemons, grate off the outſide Rinds; then grate two Naples-biſkets, and mix with your grated Peel, and add to it three quarters of a pound of fine Sugar, twelve yolks, and ſix Whites of Eggs, well beat, and three quarters of a pound of Butter melted, and half a pint of thick Cream; mix theſe well together; put a ſheet of

Paſte

Paſte at the bottom of the diſh; and just as the Oven is ready, put your Stuff in the Diſh; ſift a little double-refined Sugar over it before you put it in the Oven; an hour will bake it.

To make a Calf's Foot Pudding.

TAKE two Calf's Feet finely ſhred; then take of Biſkets grated, and ſtale Mackarooms broken ſmall, the quantity of a penny Loaf; then add a pound of Beef-ſuet, very finely ſhred, half a pound of Currants, a quarter of a pound of Sugar; ſome Cloves, Mace and Nutmeg, beat fine; a very little Salt, ſome Sack and Orange-flower-water, ſome Citron and candid Orange-peel; work all theſe well together, with Yolks of Eggs; if you boil it, put it in the Caul of a Breaſt of Veal, and tie it over with a Cloth; it muſt boil four hours. For Sauce, melt Butter, with a little Sack and Sugar; if you bake it, put ſome Paſte in the bottom of the Diſh, but none on the brim; then melt half a pound of Butter, and mix with your Stuff, and put it in your Diſh, and ſtick lumps of Marrow in it; bake it three or four hours; ſcrape Sugar over it, and ſerve it hot.

A Rice Pudding.

SET a pint of thick Cream over the fire, and put into it three ſpoonfuls of the flour of Rice; ſtir it, and when 'tis pretty thick, pour it into a Pan, and put into it a pound of freſh Butter; ſtir it till 'tis almoſt cold; then add to it a grated Nutmeg, a little Salt, ſome Sugar, a little Sack, the yolks of ſix Eggs; ſtir it well together; put ſome Puff-paſte in the bottom of the diſh, pour it in; an hour or leſs will bake it.

To make an Oat-meal Pudding.

TAKE three pints of thick Cream, and three quarters of a pound of Beef-ſuet ſhred very fine; when the Cream boils, put into it the Suet, and a pound of Butter, and half a pound of Sugar, a Nutmeg grated, a little Salt; then thicken all with a pint of fine Oat-meal; ſtir it together; pour it in a Pan, and cover it up cloſe till 'tis almoſt cold; then put in the yolks of ſix Eggs; mix it all well together, and put a very thin Paſte at the bottom of the Diſh, and ſtick lumps of Marrow in it; bake it two hours.

To make a French-*Barley Pudding.*

TAKE a quart of Cream, and put to it ſix Eggs well beaten, but three of the Whites; then ſeaſon it with Sugar, Nutmeg, a little Salt, Orange-flower-water, and a pound of melted Butter; then put to it ſix handfuls of *French*-barley that has been boiled tender in Milk: Butter a diſh, and put it in, and bake it. It muſt ſtand as long as a Veniſon-Paſty, and it will be good.

A colouring Liquor for Puddings.

BEAT an ounce of Cochineel very fine, put it in a pint of Water in a Skillet, and a quarter of an ounce of Roach-allum; boil it till the Goodneſs is out; ſtrain it into a Viol, with two ounces of fine Sugar. It will keep ſix Months.

A good boiled Pudding.

TAKE a pound and a quarter of Beef-ſuet, after 'tis ſkinned, ſhred very fine; then ſtone three quarters of a pound of Raiſins, and mix with it, and a grated Nutmeg, a quarter of a pound of Sugar, a little

little Salt, a little Sack, four Eggs, four ſpoonfuls of Cream, and about half a pound of fine Flour; mix theſe well together, pretty ſtiff: tie it in a Cloth, and let it boil four hours. Melt Butter thick for Sauce.

To make a Quaking Pudding.

TAKE a pint of Cream, and boil it with Nutmeg and Cinamon, and Mace; take out the Spice when 'tis boiled; then take the yolks of eight Eggs, and four of the Whites; beat them very well with ſome Sack, and mix your Eggs with your Cream, with a little Salt and Sugar, and a ſtale half-penny white Loaf, and one ſpoonful of Flour, and a quarter of a pound of Almonds blanch'd and beat fine, with ſome Roſe-water; beat all theſe well together, and wet a thick Cloth, and flour it, and put it in when the Pot boils. It muſt boil an hour at leaſt. Melt Butter, Sack, and Sugar for the Sauce; ſtick blanched Almonds and candied Orange-peel on the top.

To make a Cow-heel Pudding.

TAKE a large Cow-heel, and cut off all the Meat, but the black Toes; put them away, but mince the reſt very ſmall, and ſhred it over again, with three quarters of a pound of Beef-ſuet; put to it a penny Loaf grated, Cloves, Mace, Nutmeg, Sugar, and a little Salt, ſome Sack, and Roſe-water; mix theſe well together with ſix raw Eggs well beaten; butter a Cloth, and put it in, and boil it two hours. For Sauce, melt Butter, Sack, and Sugar.

To make a Curd Pudding.

TAKE the Curd of a gallon of Milk, and whey it well, and rub it through a Sieve: then take ſix Eggs, a little thick Cream, three ſpoonfuls of Orange-

Orange-flower-water, one Nutmeg grated, grated Bread, and Flour, of each three ſpoonfuls; a pound of Currants, and ſtoned Raiſins; mix all theſe together; butter a thick Cloth, and tie it up in it; boil it an hour. For Sauce, melt Butter and Orange-flower-water, and Sugar.

To make a Pith Pudding.

TAKE a quantity of the Pith of an Ox, and let it lie all night in water to ſoak out the Blood; the next morning ſtrip it out of the Skins, and beat it with the back of a Spoon in Orange-flower-water till 'tis as fine as Pap; then take three blades of Mace, a Nutmeg quartered, a ſtick of Cinnamon; then take half a pound of the beſt *Jordan* Almonds, blanched in cold Water; then beat them with a little of the Cream, and as they dry, put in more Cream, and when they are all beaten, ſtrain the Cream from them to the Pith; then take the yolks of ten Egs, the whites of but two; beat them very well, and put them to the Ingredients; then take a ſpoonful of grated Bread, or Naples-biſket; mingle all theſe together, with half a pound of fine Sugar, and the Marrow of four large Bones, and a little Salt; fill them in ſmall Ox or Hog's Guts, or bake it with Puff-cruſt.

A Rice Pudding.

TAKE two large handfuls of Rice, well beaten and ſearced; then take two quarts of Milk or Cream, ſet it over the fire with the Rice; put in Cinnamon and Mace; let it boil a quarter of an hour; it muſt be as thick as Haſty-Pudding: Then ſtir in half a pound of Butter while 'tis over the fire; then take it off to cool, and put in Sugar, and a little Salt; when 'tis almoſt cold, put in ten or twelve Eggs, take out four of the Whites: Butter the diſh. An hour will bake it; ſearce Sugar over it.

Pudding

Pudding for little Diſhes.

TAKE a pint of Cream, and boil it, and ſlice a half-penny Loaf, and pour your Cream over it hot, and cover it cloſe till 'tis cold; then put in half a Nutmeg grated, a quarter of a pound of Sugar, the yolks of four Eggs, the whites of but two; butter your Diſh, and put it in, and let it boil an hour; melt Butter, Sack, and Sugar, for Sauce.

To make a Haſty-Pudding.

BREAK an Egg into fine Flour, and with your hand work up as much as you can into as ſtiff a Paſte as is poſſible; then mince it as ſmall as Herbs to the Pot, as ſmall as if it were to be ſifted; then ſet a quart of Milk a boiling, and put in your Paſte, ſo cut as before-mentioned; put in a little Salt, ſome beaten Cinamon and Sugar, a piece of Butter as big as a Walnut, and keep it ſtirring all one way, till 'tis as thick as you would have it; and then ſtir in ſuch another piece of Butter; and when 'tis in the Diſh, ſtick it all over with little bits of Butter.

To make Stewed Pudding.

GRATE a two-penny Loaf and mix it with half a pound of Beef-ſuet finely ſhred, and three quarters of a pound of Currants, and a quarter of a pound of Sugar, a little Cloves, Mace, and Nutmeg; then beat five or ſix Eggs, with three or four ſpoonfuls of Roſe-water, and beat all together, and make them up in little round Balls, the bigneſs of an Egg, and ſome round, and ſome long in the faſhion of an Egg; then put a pound of Butter in a Pewter Diſh, and when 'tis melted, and thorough hot, put in your Puddings, and let them ſtew till they are brown; turn them, and when they are enough, ſerve them up, with Sack, and Butter, and Sugar for Sauce.

To make a Cabbage Pudding.

TAKE two pounds of the lean part of a Leg of Veal; take of Beef-ſuet the like quantity; chop them together, then beat them together in a ſtone Mortar, adding to it half a little Cabbage ſcalded, and beat that with your Meat; then ſeaſon it with Mace and Nutmeg, a little Pepper and Salt, ſome green Goſeberries, Grapes, or Barberries in the time of Year. In the Winter put in a little Verjuice; then mix all well together, with the yolks of four or five Eggs, well beaten; then wrap it up in green Cabbage leaves; tye a Cloth over it, boil it an hour: Melt Butter for Sauce.

Very fine Hogs Puddings.

SHRED four pounds of Beef-ſuet very fine, mix with it two pounds of fine Sugar powder'd, two grated Nutmegs, ſome Mace beat, and a little Salt, and three pounds of Currants waſh'd and pick'd; beat twenty-four yolks, twelve whites of Eggs, with a little Sack; mix all well together, and fill your Guts, being clean and ſteep'd in Orange-flower-water; cut your Guts quarter and half long, fill them half full; tye at each End, and again thus oooo. Boil them as others, and cut them in Balls when ſent to the Table.

To make Almond Hogs Puddings.

TAKE two pounds of Beef-ſuet, or Marrow ſhred very ſmall, and a pound and half of Almonds blanched, and beaten very ſmall with Roſe-water; one pound of grated Bread, a pound and quarter of fine Sugar, a little Salt, one ounce of Mace, Nutmeg, and Cinnamon, twelve yolks of Eggs, four whites, a pint of Sack, a pint and half of thick Cream, ſome Roſe or Orange-flower Water; boil

the Cream, and tye a little Saffron in a Rag, and dip it in the Cream to colour it. Firſt beat your Eggs very well, then ſtir in your Almonds, then the Spice, and Salt, and Suet, and then mix all your Ingredients together; fill your Guts but half full, put ſome bits of Citron in the Guts as you fill them. Tye them up, and boil them about a quarter of an hour.

To make Hogs Puddings with Currants.

TAKE three pounds of grated Bread to four pounds of Beef-ſuet finely ſhred, two pounds of Currants; Cloves, Mace, and Cinamon, of each half an ounce beaten fine, a little Salt, a pound and half of Sugar, a pint of Sack, a quart of Cream, a little Roſe-water, twenty Eggs well beaten, but half the whites; mix all theſe well together, and fill the Guts half full: Boil them a little, and prick them as they boil, to keep them from breaking the Guts. Take them up on clean Cloths.

Another ſort of Hogs Puddings.

TO half a pound of grated Bread, put half a pound of Hog's Liver boiled, cold and grated; a pound and half of Suet finely ſhred, a handful of Salt, a handful of Sweet-herbs chopp'd ſmall, ſome Spice. Mix all theſe together, with ſix Eggs, well beaten, and a little thick Cream; fill your Guts, and boil them; when cold, cut them in round ſlices an inch thick; fry them in Butter, and garniſh your Diſh of Fowls, Haſh, or Fricaſy.

To make Rice Pancakes.

TAKE a quart of Cream, and three ſpoonfuls of the Flour of Rice; boil it till 'tis as thick as Pap, and as it boils, ſtir in half a pound of Butter, a Nutmeg grated; then pour it out into an earthen

earthen Pan, and when 'tis cold, put in three or four ſpoonfuls of Flour, a little Salt, ſome Sugar, nine Eggs well beaten; mix all well together, and fry them in a little Pan, with a ſmall piece of Butter. Serve them up, four or five in a Diſh.

To make black Hogs Puddings.

BOIL all the Hogs-harſlet in about four or five gallons of Water till 'tis very tender; then take out all the Meat, and in that Liquor ſteep near a peck of Groats; put in the Groats as it boils, and let them boil a quarter of an hour; then take the Pot off the Fire, and cover it up very cloſe, and let it ſtand five or ſix hours; chop two or three handfuls of Thyme, a little Savoury, ſome Parſley, and Penny-royal, ſome Cloves and Mace beaten, a handful of Salt; then mix all theſe with half the Groats, and two quarts of Blood; put in moſt part of the Leaf of the Hog; cut it in ſquare bits like Dice, and ſome in long bits; fill your Guts, and put in the Fat as you like it; fill the Guts three quarters full, put your Puddings into a Kettle of boiling water; let them boil an hour, and prick them with a Pin to keep them from breaking. Lay them on clean Straw when you take them up.

The other half of the Groats you may make into white Puddings for the Family: Chop all the Meat very ſmall, and ſhred two handfuls of Sage very fine, an ounce of Cloves and Mace finely beaten, and ſome Salt; work all together very well, with a little Flour, and put it into the large Guts: Boil them about an hour, and keep them and the black near the Fire till uſed.

To make a Cheſnut Pudding.

TAKE a dozen and half of Cheſnuts, put them in a Skillet of Water, and ſet them on the Fire till they will blanch; then blanch them, and

when cold, put them in cold Water, then ſtamp them in a Mortar, with Orange-flower water and Sack, till they are very ſmall; mix them in two quarts of Cream, and eighteen yolks of Eggs, the whites of three or four; beat the Eggs with Sack, Roſe-water and Sugar; put it in a Diſh with Puff-paſte; ſtick in ſome Lumps of Marrow or freſh Butter, and bake it.

To make a Brown-bread Pudding.

TAKE half a pound of brown Bread, and double the weight of it in Beef-ſuet; a quarter of a pint of Cream, the Blood of a Fowl, a whole Nutmeg, ſome Cinamon, a ſpoonful of Sugar, ſix yolks of Eggs, three whites: mix it all well together, and boil it in a wooden Diſh two hours. Serve it with Sack and Sugar, and Butter melted.

To make a baked Sack Pudding.

TAKE a pint of Cream, and turn it to a Curd with Sack; then bruiſe the Curd very ſmall with a Spoon; then grate in two Naples-biſkets, or the inſide of a ſtale penny loaf, and mix it well with the Curd, and half a Nutmeg grated; ſome fine Sugar, and the yolks of four Eggs, the whites of two, beaten with two ſpoonfuls of Sack; then melt half a pound of freſh Butter, and ſtir all together till the Oven is hot. Butter a diſh, and put it in, and ſift ſome Sugar over it, juſt as 'tis going into the Oven; half an hour will bake it.

To make a Marjoram Pudding.

TAKE the Curd of a quart of Milk finely broken, a good handful or more of Sweet-Marjoram chopp'd as ſmall as Duſt, and mingle with the Curd five Eggs, but three whites, beaten with Roſe-water, ſome Nutmeg and Sugar, and half a pint of

Cream; beat all theſe well together, and put in three quarters of a pound of melted Butter; put a thin ſheet of Paſte at the bottom of your diſh; then pour in your Pudding, and with a Spur cut out little ſlips of Paſte the breadth of your little Finger, and lay them over croſs and croſs in large Diamonds; put ſome ſmall bits of Butter on the top, and bake it. *This is old-faſhioned, and not good.*

To make Pancakes.

TAKE a pint of Cream, and eight Eggs, whites and all, a whole Nutmeg grated, and a little Salt; then melt a pound of rare diſh Butter, and a little Sack; before you fry them, ſtir it in: it muſt be made as thick with three ſpoonfuls of Flour, as ordinary Batter, and fry'd with Butter in the Pan, the firſt Pancake but no more: Strew Sugar, garniſh with Orange, turn it on the backſide of a Plate.

To make a Tanſy to bake.

TAKE twenty Eggs, but eight whites, beat the Eggs very well, and ſtrain them into a quart of thick Cream, one Nutmeg, and three Naples-biſkets grated, as much Juice of Spinage, with a ſprig or two of Tanſy, as will make it as green as Graſs; ſweeten it to your Taſte; then butter your diſh very well, and ſet it into an Oven, no hotter than for Cuſtards; watch it, and as ſoon as 'tis done, take it out of the Oven, and turn it on a Pye-plate; ſcrape Sugar, and ſqueeze Orange upon it. Garniſh the Diſh with Orange and Lemon, and ſerve it up.

To make a Gooſeberry Tanſy.

PUT ſome freſh Butter in a Frying-pan, and when 'tis melted put into it a quart of Gooſe-

berries, and fry them till they are tender, and break them all to maſh; then beat ſeven Eggs, but four Whites, a pound of Sugar, three ſpoonfuls of Sack, as much Cream, a Penny-loaf grated, and three ſpoonfuls of Flour, mix all theſe together, then put the Gooſeberries out of the Pan to them, and ſtir all well together, and put them into a Sauce-pan to thicken; then put Butter into the Frying-pan, and fry them brown: Strew Sugar on the top.

To make Curd Fritters.

TAKE a handful of Curds, and a handful of Flour, and ten Eggs well beaten and ſtrain'd, ſome Sugar, and ſome Cloves, Mace, and Nutmeg, a little Saffron; ſtir all well together, and fry them in very hot Beef-dripping; drop them in the Pan by ſpoonfuls; ſtir them about till they are of a fine Yellow-brown; drain them from the Suet, and ſcrape Sugar on them, when you ſerve them up.

To make fry'd Toaſts.

CHIP a Manchet very well, and cut it round ways into Toaſts; and then take Cream and eight Eggs, ſeaſon'd with Sack, and Sugar, and Nutmeg; and let theſe Toaſts ſteep in it about an hour; then fry them in ſweet Butter, ſerve them up with plain melted Butter, or with Butter, Sack, and Sugar, as you pleaſe.

To make Apple Fritters.

TAKE the yolks of eight Eggs, the whites of four, beat them well together, and ſtrain them into a Pan; then take a quart of Cream, warm it as hot as you can endure your Finger in it; then put to it a quarter of a pint of Sack, three quarters of a pint of Ale, and make a Poſſet of it; when your Poſſet is cool, put to it your Eggs,

beating them well together; then put in Nutmeg, Ginger, Salt and Flour to your liking: Your Batter ſhould be pretty thick; then put in Pippins ſliced or ſcraped; fry them in good ſtore of hot Lard with a quick Fire.

To make an Apple Tanſy.

TAKE three Pippins, ſlice them round in thin ſlices, and fry them with Butter; then beat four Eggs, with ſix ſpoonfuls of Cream, a little Roſe-water, Nutmeg, and Sugar, and ſtir them together, and pour it over the Apples: Let it fry a little, and turn it with a Pye-plate. Garniſh with Lemon and Sugar ſtrewed over it.

To make a Lemon Tart.

TAKE three clear Lemons, and grate off the outſide Rinds; take the yolks of twelve Eggs, and ſix Whites; beat them very well, ſqueeze in the Juice of a Lemon; then put in three quarters of a pound of fine powdered Sugar, and three quarters of a pound of freſh Butter melted; ſtir all well together, put a ſheet of Paſte at the bottom, and ſift Sugar on the top; put it in a briſk Oven, three quarters of an hour will bake it: So ſerve it to the Table.

A Rye-bread Pudding.

TAKE half a pound of ſowre Rye-bread grated, half a pound of Beef-ſuet finely ſhred, half a pound of Currants clean waſhed, half a pound of Sugar, a whole Nutmeg grated; mix all well together, with five or ſix Eggs: Butter a Diſh, boil it an hour and a quarter, and ſerve it up with melted Butter.

A baked Pudding.

BLanch half a pound of Almonds, and beat them fine with ſweet Water, Ambergreaſe diſſolved in Orange-flower Water, or in ſome Cream; then warm a pint of thick Cream, and melt in it half a pound of Butter; then mix it with your beaten Almonds, a little Salt, a grated Nutmeg, and Sugar, and the yolks of ſix Eggs; beat it up together, and put it in a Diſh with Puff-paſte, the Oven not too hot; ſcrape Sugar on it juſt before it goes into the Oven.

To make a Cuſtard Pudding.

TAKE a pint of Cream, and mix with it ſix Eggs well beat, two ſpoonfuls of Flour, half a Nutmeg grated, a little Salt, and Sugar to your Taſte; butter a Cloth, put it in when the Pot boils; boil it juſt half an hour; melt Butter for Sauce.

Rice Cuſtards.

TAKE a quart of Cream, and boil it with a blade of Mace, and a quarter'd Nutmeg; put into it boiled Rice, well beat with your Cream; mix them together, and ſtir them all the while it boils on the Fire; when 'tis enough, take it off, and ſweeten to your Taſte: Put in a little Orange-flower-water, pour it in your Diſhes; when cold ſerve it.

To make an Almond Tourt.

BLaneh and beat half a pound of *Jordan* Almonds very fine; uſe Orange-flower-water in the beating your Almonds; pare the yellow Rind of a Lemon pretty thick, boil it in Water till 'tis very tender: beat it with half a pound of Sugar, and mix it with the Almonds, and eight Eggs, but four

four Whites, half a pound of Butter melted, and almoſt cold, and a little thick Cream; mix all together, and bake it in a Diſh with Paſte at bottom. This may be made the day before 'tis uſed.

To make little Haſty-puddings, to boil in Cuſtard Diſhes.

TAKE a large pint of Milk, put to it four ſpoonfuls of Flour; mix it well together, and ſet it over the Fire, and boil it into a ſmooth Haſty-pudding; ſweeten it to your Taſte, grate Nutmeg in it, and when 'tis almoſt cold, beat five Eggs very well, and ſtir into it; then butter your Cuſtard-cups, put in your Stuff, and tie them over with a Cloth, put them in the Pot when the Water boils, and let them boil ſomething more than half an hour; pour on them melted Butter.

To make a Sweet-meat Pudding.

PUT a thin Puff-paſte at the bottom of your diſh, then have of candied Orange and Lemon-peel, and Citron, of each an ounce; ſlice them thin, and put them in the bottom on your Paſte; then beat eight yolks of Eggs, and two whites, near half a pound of Sugar, and half a pound of Butter melted; mix and beat all well together, and when the Oven is ready, pour it on your Sweet-meats in the diſh. An hour or leſs will bake it.

To make Carrot or Parſnip Puffs.

SCRAPE and boil your Carrots or Parſnips tender; then ſcrape or maſh them very fine, add to a pint of Pulp the Crumb of a Penny-loaf grated, or ſome ſtale Bisket, if you have it, ſome Eggs, but four whites, a Nutmeg grated, ſome Orange-flower-water, Sugar to your Taſte, a little Sack, and mix it up with thick Cream: They muſt be fry'd in rendered Suet, the Liquor very hot

hot when you put them in; put in a good ſpoonful in a place.

To make New-College *Puddings.*

GRATE a penny ſtale Loaf, and put to it a like quantity of Beef-ſuet finely ſhred, and a Nutmeg grated, a little Salt, ſome Currants, and then beat ſome Eggs in a little Sack, and ſome Sugar, and mix all together, and knead it as ſtiff as for Manchet, and make it up in the form and ſize of a *Turkey*-Egg, but a little flatter; then take a pound of Butter, and put it in a Diſh, and ſet the Diſh over a clear fire in a Chafing-diſh, and rub your Butter about the diſh till 'tis melted; put your Puddings in, and cover the Diſh, but often turn your Puddings, until they are all brown alike, and when they are enough, ſcrape Sugar over them, and ſerve them up hot for a ſide Diſh.

You muſt let the Paſte lie a quarter of an hour before you make up your Puddings.

To make an Oat-meal Pudding.

TAKE a pint of great Oat-meal, beat it very ſmall, then ſift it fine; take a quart of Cream, boil it and your Oat-meal together, ſtirring it all the while until 'tis pretty thick; then put it in a diſh, and cover it cloſe, and let it ſtand a little; then put into it a pound and half of freſh Butter, and let it ſtand two hours before you ſtir it; put to it twelve Eggs, a Nutmeg grated, a little Salt, ſweeten it to your Taſte; a little Sack, or Orange-flower-water; ſtir all very well together, put Paſte at the bottom of your Diſh, and put in your Pudding-ſtuff, the Oven not too hot; an hour will bake it.

To make fine Fritters.

TAKE half a pint of thick ſweet Cream, put to it four Eggs well beaten, a little Brandy, ſome

ſome Nutmeg and Ginger; make this into a thick Batter with Flour; your Apples muſt be Golden-Pippins pared and cut in thin ſlices, dip them in the Batter, and fry them in Lard. It will take up two pounds of Lard to fry this quantity.

To make a Marrow Pudding.

TAKE a quart of Cream, and three Naples-biskets grated, a Nutmeg grated, the yolks of ten Eggs, the whites of five well beaten, and Sugar to your Taſte; mix all well together, and put a little bit of Butter in the bottom of your Sauce-pan; then put in your Stuff, and ſet it over the fire, and ſtir it till 'tis pretty thick; then pour it into your Pan, with a quarter of a pound of Currants that have been plumpt in hot Water; ſtir it together, and let it ſtand all Night. The next Day put ſome fine Paſte rolled very thin at the bottom of your Diſh, and when the Oven is ready, pour in your Stuff, and on the top lay large pieces of Marrow. Half an hour will bake it.

To make a fine Bread Pudding.

TAKE three pints of Milk and boil it; when 'tis boiled, ſweeten it with half a pound of Sugar, a ſmall Nutmeg grated, and put in half a pound of Butter; when 'tis melted, pour it in a Pan, over eleven ounces of grated Bread, cover it up. The next day put to it ten Eggs well beaten, ſtir all together, and when the Oven is hot, put it in your Diſh; three quarters of an hour will bake it. Boil a bit of Lemon-peel in the Milk, take it out before you put your other things in.

To make a Spread-Eagle Pudding.

CUT off the Cruſt of three Half-penny Rolls, then ſlice them into your Pan; then ſet three pints

pints of Milk over the fire, make it ſcalding hot, but not boil; ſo pour it over your Bread, and cover it cloſe, and let it ſtand an hour; then put in a good ſpoonful of Sugar, a very little Salt, a Nutmeg grated, a pound of Suet after 'tis ſhred, half a pound of Currants waſhed and picked, four ſpoonfuls of cold Milk, ten Eggs, but five of the whites; and when all is in, ſtir it, but not till all is in; then mix it well, butter a Diſh; leſs than an hour will bake it.

To make a very fine plain Pudding.

TAKE a quart of Milk, and put in ſix Laurel-leaves into it; when it has boiled a little, take out your Leaves, and with fine Flour make that Milk into a Haſty-pudding, pretty thick; then ſtir in half a pound of Butter more, then a quarter of a pound of Sugar, a ſmall Nutmeg grated, twelve yolks, ſix whites of Eggs well beaten; mix and ſtir all well together, butter a Diſh, and put in your Stuff; a little more than half an hour will bake it.

A fine Rice Pudding.

TAKE of the Flour of Rice ſix ounces, put it in a quart of Milk, and let it boil till 'tis pretty thick, ſtirring it all the while; then pour it in a Pan, and ſtir in it half a pound of freſh Butter, and a quarter of a pound of Sugar, or ſweeten it to your Taſte; when 'tis cold, grate in a Nutmeg, and beat ſix Eggs, with a ſpoonful or two of Sack, and beat and ſtir all well together; put a little fine Paſte at the bottom of your diſh, and bake it.

To make a Ratafia Pudding.

TAKE a quart of Cream, boil it with four or five Laurel-leaves; then take them out and break

break in half a pound of Naples-bisket, half a pound of Butter, ſome Sack, Nutmeg and Salt; take it off the Fire, cover it up; when 'tis almoſt cold, put in two Ounces of Almonds blanched, and beaten fine, and the Yolks of five Eggs; mix all well together, and bake it in a moderate Oven half an Hour: ſcrape Sugar on it as it goes into the Oven.

All Sorts of PASTRY.

To make a Tureiner.

TAKE a China Pot or Bowl, and fill it as follows: At the bottom lay ſome freſh Butter; then put in three or four Beef-ſteaks larded with Bacon; then cut ſome Veal-ſteaks from the Leg; hack them, and waſh them over with the Yolk of an Egg, and afterwards lay it over with Forc'd-meat, and roll it up, and lay it in with young Chickens, Pigeons and Rabbets, ſome in quarters, ſome in halves; Sweet-breads, Lamb-ſtones, Cocks-combs, Palates after they are boiled, peeled, and cut in ſlices: Tongues, either Hogs or Calves, ſliced, and ſome larded with Bacon; whole Yolks of hard Eggs, Piſtachia-Nuts peeled, forced Balls, ſome round, ſome like an Olive, Lemon ſliced, ſome with the Rind on, Barberries and Oyſters: ſeaſon all theſe with Pepper, Salt, Nutmeg, and Sweet-herbs, mix'd together after they are cut very ſmall, and ſtrew it on every thing as you put it in your Pot: Then put in a Quart of Gravy, and ſome Butter on the top, and cover it cloſe with a Lid of Puff-paſte, pretty thick. Eight Hours will bake it.

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A Batalia

A Batalia Pie, or Bride Pye.

TAKE young Chickens as big as Black-birds, Quails, young Partridges, and Larks, and ſquab Pigeons; truſs them, and put them in your Pye; then have Ox-palates boiled, blanched, and cut in pieces, Lamb-ſtones, Sweet-breads, cut in halves or quarters, Cocks-combs blanched, a quart of Oyſters dipt in Eggs, and dredged over with grated Bread, and Marrow. Having ſo done, Sheeps-Tongues boiled, peeled, and cut in ſlices; ſeaſon all with Salt, Pepper, Cloves, Mace, and Nutmegs, beaten and mix'd together; put Butter at the bottom of the Pye, and place the reſt in with the Yolks of hard Eggs, Knots of Eggs, Cocks-ſtones and Treads, Forc'd-meat Balls; cover all with Butter, and cover up the Pye; put in five or ſix Spoonfuls of Water when it goes into the Oven, and when 'tis drawn pour it out and put in Gravy.

To make an Oyſter Pye.

MAKE good Puff-paſte, and lay a thin ſheet in the bottom of your Pattipan; then take two quarts of large Oyſters, waſh them well in their own Liquor, and take them out of it and dry them, and ſeaſon them with Salt and Spice, and a little Pepper, all beaten fine; lay ſome Butter in the bottom of your Pattipan, then lay in your Oyſters, and the Yolks of 12 hard Eggs whole, 2 or 3 Sweet-breads cut in ſlices, or Lamb-ſtones, or in want of theſe a Dozen of Larks, two Marrow-bones, the Marrow taken out in Lumps, dipt in the Yolks of Eggs, and ſeaſoned as you did your Oyſters, and ſome grated Bread duſted on it, and a few Forc'd-meat Balls: When all theſe are in, put ſome Butter on the top, and cover it over with a ſheet of Puff-paſte, and bake it: When 'tis drawn out of the Oven, take the Liquor of the Oyſters, and boil it and ſcum it, and

beat

beat it up thick with Butter, and the Yolks of two or three Eggs, and pour it hot into your Pye, and ſhake it well together, and ſerve it hot.

To make a Salmon Pye.

MAKE a good Puff-paſte, and lay it in your Pattipan; then take the middle-piece of Salmon, ſeaſon it pretty high with Pepper and Salt, Cloves and Mace; cut it into three pieces, then lay a Layer of Butter, and a Layer of Salmon, till all is in; make Forc'd-meat Balls of an Eel, chop it fine, with the Yolks of hard Eggs, 2 or 3 Anchovies, Marrow, (or if for a Faſting-Day, Butter) ſweet Herbs, ſome grated Bread, and a few Oyſters and grated Nutmeg, ſome ſmall Pepper and a little Salt; make it up with raw Eggs into Balls, ſome long, ſome round, and lay them about your Salmon, put Butter over all, and Lid your Pye. An Hour will bake it.

To make Egg Pyes.

TAKE the Yolks of two dozen of Eggs boil'd hard, and chopp'd with double the quantity of Beef-ſuet, and half a pound of Pippins pared, cored, and ſliced; then add to it one pound of Currants waſh'd and dried, half a pound of Sugar, a little Salt, ſome Spice beaten fine, the Juice of a Lemon, and half a Pint of Sack, candied Orange and Citron cut in pieces, of each 3 Ounces, ſome Lumps of Marrow on the top, fill them full; the Oven muſt not be too hot; 3 quarters of an Hour will bake them; put the Marrow only on them that are to be eaten hot.

To make a Sweet-bread Paſty to fry or bake.

PARBOIL your Sweet-breads, and ſhred them very fine, with an equal Quantity of Marrow; mix with them a little grated Bread, ſome Nutmeg, Salt, the Yolk of two hard Eggs bruiſed ſmall, and Sugar; then mix up with a little Cream and the Yolk of an Egg: Make Paſte with half a Pound of the fineſt Flour, an Ounce of double-refin'd Sugar beat and ſifted, the Yolks of two Eggs, and White of one, and fair Water; then roll in half a pound of Butter, and roll it out in little Paſties the breadth of your Hand; put your Meat in, cloſe them up well, and fry or bake them. A very pretty Side-diſh.

To make a Lumber Pye.

TAKE a pound and half of Veal, parboil it, and when 'tis cold chop it very ſmall, with two pound of Beef-ſuet, and ſome candied Orange-peel; ſome Sweet-herbs, as Thyme, Sweet-marjoram, and an handful of Spinage; mince the Herbs ſmall before you put them to the other: ſo chop all together, and a Pippin or two; then add a handful or two of grated Bread, a pound and half of Currants, waſhed and dried; ſome Cloves, Mace, Nutmeg, a little Salt, Sugar and Sack, and put to all theſe as many Yolks of raw Eggs, and Whites of two, as will make it a moiſt Forc'd-meat; work it with your Hands into a Body, and make it into Balls as big as a Turkey's Egg; then having your Coffin made, put in your Balls. Take the Marrow out of three or four Bones as whole as you can: Let your Marrow lie a little in Water, to take out the Blood and Splinters; then dry it, and dip it in Yolk of Eggs; ſeaſon it with a little Salt, Nutmeg grated, and grated Bread; lay it on and between your Forc'd-meat Balls, and over that ſliced Citron, candied Orange and Lemon, Eryngo-Roots, preſerved Barberries; then

then lay on ſliced Lemon, and thin ſlices of Butter over all; then lid your Pye, and bake it; and when 'tis drawn, have in readineſs a Caudle made of White-wine and Sugar, and thicken'd with Butter and Eggs, and pour it hot into your Pye.

To make little Paſties to fry.

TAKE the Kidney of a Loin of Veal or Lamb, Fat and all; ſhred it very ſmall; ſeaſon it with a little Salt, Cloves, Mace, Nutmegs, all beaten ſmall, ſome Sugar, and the yolks of two or three hard Eggs, minced very fine: Mix all theſe together with a little Sack or Cream; put them in Puff-paſte, and fry them: ſerve them hot.

To make Cuſtards.

TAKE two quarts of thick ſweet Cream; boil it with ſome bits of Cinamon, and a quartered Nutmeg; keep it ſtirring all the while, and when it has boiled a little time, pour it into a Pan to cool, and ſtir it till 'tis cool, to keep it from ſcumming; then beat the yolks of ſixteen Eggs, the whites of but ſix, and mix your Eggs with the Cream when 'tis cool, and ſweeten it with fine Sugar to your Taſte, put in a very little Salt, and ſome Roſe or Orange-flower-water; then ſtrain all through a Hair Sieve, and fill your Cups or Cruſt. It muſt be a pretty quick Oven; when they boil up they are enough.

To make Cheeſe-cakes.

TAKE a pint of Cream, and warm it, and put to it five quarts of Milk warm from the Cow; then put Runnet to it, and when 'tis come, put the Curd in a Linnen Bag or Cloth, and let it drain well from the Whey, but do not ſqueeze it much; then put it in a Mortar, and break the Curd as fine as

Butter; then put to your Curd half a pound of Almonds blanched, and beaten exceeding fine, (or half a pound of dry Mackaroons beat very fine) if you have Almonds, grate in a Naples-bisket; but if you uſe Mackaroons, you need not; then add to it the yolks of nine Eggs beaten, a whole Nutmeg grated, two perfumed Plumbs diſſolved in Roſe or Orange-flower-water, half a pound of fine Sugar, mix all well together; then melt a pound and quarter of Butter, and ſtir it well in it, and half a pound of Currants plump'd; ſo let it ſtand to cool till you uſe it.

Then make your Puff-paſte thus: Take a pound of fine Flour, and wet it with cold Water, roll it out, and put into it by degrees a pound of freſh Butter: Uſe it juſt as 'tis made.

Another Way to make Cheeſe-cakes.

TAKE a gallon of new Milk, ſet it as for a Cheeſe, and gently whey it; then break it in a Mortar, put to it the yolks of ſix Eggs, four of the whites, ſweeten it to your Taſte; put in a grated Nutmeg, ſome Roſe-water and Sack; mix theſe together, and ſet over the Fire a quart of Cream, and make it into a Haſty-pudding, and mix that with it very well, and fill your Pattipans juſt as they are going into the Oven. Your Oven muſt be ready, that you may not ſtay for that; when they riſe well up, they are enough. Make your Paſte thus:

Take about a pound of Flower, and ſtrew into it three ſpoonfuls of Loaf-ſugar beaten and ſifted, and rub into it a pound of Butter, one Egg, and a ſpoonful of Roſe-water, the reſt cold fair Water: Make it into a Paſte, roll it very thin, and put it into your Pans, and fill them almoſt full.

Paſte for Paſties.

RUB ſix pounds of Butter into fourteen pounds of Flour; put to it eight Eggs, whip the whites to Snow, and make it in a pretty ſtiff Paſte, with cold Water.

To make Cheeſe-cakes without Runnet.

TAKE a quart of thick Cream, and ſet it over a clear fire, with ſome quartered Nutmeg in it; juſt as it boils up, put in twelve Eggs well beaten, and a quarter of a pound of freſh Butter; ſtir it a little while on the fire, till it begins to curdle; then take it off, and gather the Curd as for Cheeſe; put it in a clean Cloth, tie it together, and hang it up that the Whey may run from it; when 'tis pretty dry, put it in a Stone-mortar, with a pound of Butter, a quarter of a pint of thick Cream, ſome Sack and Orange-flower-water, and half a pound of fine Sugar; then beat and grind all theſe very well together for an hour or more, till 'tis very fine; then paſs it through a hair Sieve, and fill your Pattipans but half full. You may put Currants in half the quantity, if you pleaſe: A little more than a quarter of an Hour will bake them. Take the Nutmeg out of the Cream when 'tis boiled.

To make Orange or Lemon Tarts.

TAKE ſix large Lemons, and rub them very well with Salt, and put them in Water for two days, with a handful of Salt in it; then change them into freſh Water without Salt every other day for a fortnight; then boil them for two or three hours till they are tender; then cut them in half quarters, and then cut them thus 

as thin as you can: then take Pippins pared, cored and quartered, and a pint of fair Water, let them boil till the Pippins break; put the Liquor to your Orange or Lemon, and half the Pippins well broken, and a pound of Sugar, boil theſe together a quarter of an hour; then put it in a Gallipot, and ſqueeze an Orange in it, if it be Lemon; or a Lemon if 'tis Orange, two ſpoonful is enough for a Tart: Your Pattipans muſt be ſmall and ſhallow; put fine Puff-paſte, and very thin; a little while will bake it. Juſt as your Tarts are going into the Oven, with a Feather or Bruſh do them over with melted Butter, and then ſift double-refined Sugar on them, and this is a pretty Icing on them.

To make Puff-paſte for Tarts.

RUB a quarter of a pound of Butter into a pound of fine Flour; then whip the whites of two Eggs to Snow, and with cold Water and one yolk make it into a Paſte; then roll it abroad, and put in by degrees a pound of Butter, flowering it over the Butter every time, and roll it up, and roll it out again, and put in more Butter: So do for ſix or ſeven times, till it has taken up all the pound of Butter. This Paſte is good for Tarts, or any ſmall things.

Apple-Paſties to fry.

PARE and quarter Apples, and boil them in Sugar and Water, and a Stick of Cinamon, and when tender, put in a little White-wine, the Juice of a Lemon, a piece of freſh Butter, and a little Ambergreaſe or Orange-flower-water; ſtir all together, and when 'tis cold, put it in Puff-paſte, and fry them.

To ſeaſon and bake a Veniſon Paſty.

BONE your Hanch or Side of Veniſon, and take out all the Sinews and Skin; then pro-

portion it for your Paſty, by taking away from one part, and adding to another, till 'tis of an equal thickneſs; then ſeaſon it with Pepper and Salt, about an ounce of Pepper; ſave a little of it whole, and beat the reſt, and mix with twice as much Salt, and rub it all over your Veniſon, and let it lie till your Paſte is ready. Make your Paſte thus: A peck of fine Flour, ſix pounds of Butter, a dozen of Eggs; rub your Butter in your Flour, beat your Eggs, and with them and cold Water make up your Paſte pretty ſtiff; then drive it forth for your Paſty; let it be the thickneſs of a Man's Thumb; put under it two or three ſheets of Cap-paper well floured: Then have two pounds of Beef-ſuet, ſhred exceeding fine; proportion it on the bottom to the breadth of your Veniſon, and leave a Verge round your Veniſon three Fingers broad, waſh that Verge over with a bunch of Feathers or Bruſh dipped in an Egg beaten, and then lay a Border of your Paſte on the place you waſhed, and lay your Veniſon on the Suet; put a little of your Seaſoning on the Top, and a few corns of whole Pepper, and two pounds of very good freſh Butter; then turn over your other ſheet of Paſte, ſo cloſe your Paſty. Garniſh it on the top as you think fit; vent it in the middle, and ſet it in the Oven. It will ask five or ſix hours baking: Then break all the Bones, waſh them and add to them more Bones, or Knuckles; ſeaſon them with Pepper and Salt, and put them with a quart of Water, and half a pound of Butter in a Pan or earthen Pot; cover it over with coarſe Paſte, and ſet it in with your Paſty; and when your Paſty is drawn and diſhed, fill it up with the Gravy that came from the Bones.

A fine Potato Pye for Lent.

FIRST make your Forc'd-meat, about two dozen of ſmall Oyſters juſt ſcalded, and when cold chopt ſmall, a ſtale roll grated, and ſix yolks

of Eggs boiled hard, and bruiſed ſmall with the back of a Spoon; ſeaſon with a little Salt, Pepper and Nutmeg, ſome Thyme and Parſly, both ſhred ſmall: mix theſe together well; and pound them a little, and make it up in a ſtiff Paſte, with half a pound of Butter and an Egg work'd in it, juſt flour it to keep it from ſticking, and lay it by till your Pye is fit, and put a very thin Paſte in your Diſh, bottom and ſides; then put your Forc'd-meat, of an equal thickneſs, about two fingers broad, about the ſides of your Diſh, as you would do a Pudding-Cruſt, duſt a little flour on it, and put it down cloſe; then fill your Pye, a dozen of Potato's, about the bigneſs of a ſmall Egg, finely pared, juſt boiled a walm or two, a dozen yolks of Eggs boil'd hard, a quarter of a hundred large Oyſters juſt ſcalded in their own Liquor and cold, 6 Morels, 4 or five blades of Mace, ſome whole Pepper, and a little ſalt Butter on the bottom and top; then lid your Pye, and bake it an hour; when 'tis drawn, pour in a Caudle made with half a pint of your Oyſter Liquor, 3 or 4 ſpoonfuls of White-wine, and thicken'd up with Butter and Eggs, pour it in hot at the hole on the top, and ſhake it together, and ſerve it.

Artificial Potatoes for Lent: *A Side-Diſh; Second Courſe.*

TAKE a pound of Butter, put it into a ſtone Mortar with half a pound of Naples-Biſket grated, and half a pound of Jordan Almonds beat ſmall after they are blanched, 8 yolks of Eggs, 4 whites, a little Sack and Orange-flower-water; ſweeten to your taſte; pound all together till you don't know what it is, and with a little fine flour make it into a ſtiff Paſte, lay it on a Table, and have ready about two pound of fine Lard in your Pan, let it boil very faſt, and cut your Paſte the bigneſs of Cheſnuts, and throw them into the

boiling Lard, and let them boil 'till they are of a yellow brown; and when they are enough, take them up in a Sieve to drain the Fat from them; put them in a Diſh, pour Sack, and melted Butter; ſtrew double-refined Sugar over the brim of the Diſh.

Potato, or Lemon Cheeſecakes.

TAKE ſix ounces of Potatoes, four ounces of Lemon-peel, four ounces of Sugar, four ounces of Butter; boil the Lemon-peel 'till tender, pare and ſcrape the Potatoes, and boil them tender and bruiſe them; beat the Lemon-peel with the Sugar, then beat all together very well, and melt the Butter in a little thick Cream, and mix all together very well, and let it lie till cold: Put Cruſt in your Pattipans, and fill them little more than half full: Bake them in a quick Oven half an hour, ſift ſome double-refined Sugar on them as they go into the Oven; this quantity will make a dozen ſmall Pattipans.

Sauce for Fiſh in Lent, *or at any Time.*

TAKE a little Thyme, Horſe-radiſh, a bit of Onion, Lemon-peel, and whole Pepper; boil them a little in fair Water; then put in two Anchovies, and four ſpoonfuls of White-wine; then ſtrain them out, and put the Liquor into the ſame Pan again, with a pound of freſh Butter; and when 'tis melted, take it off the Fire; and ſtir in the yolks of two Eggs well beaten, with three Spoonfuls of White-wine; ſet it on the Fire again, and keep it ſtirring till 'tis the thickneſs of Cream, and pour it hot over your Fiſh: Garniſh with Lemon and Horſe-radiſh.

To make a ſavoury Lamb Pye.

SEASON your Lamb with Pepper, Salt, Cloves, Mace and Nutmeg: ſo put it into your Coffin with a few Lamb-ſtones, and Sweet-breads ſeaſoned as your Lamb, alſo ſome large Oyſters, and ſavoury Forc'd-meat Balls, hard yolks of Eggs, and the tops of Aſparagus two inches long, firſt boiled green; then put Butter all over the Pye, and lid it, and ſet it in a quick Oven an hour and half; then make the Liquor with Oyſter-Liquor, as much Gravy, a little Claret, with one Anchovy in it, a grated Nutmeg. Let theſe have a boil, thicken it with the yolks of two or three Eggs, and when the Pye is drawn, pour it in hot.

To make a ſweet Lamb Pye.

CUT your Lamb into ſmall pieces, and ſeaſon it with a little Salt, Cloves, Mace and Nutmeg; your Pye being made, put in your Lamb or Veal; ſtrew on it ſome ſtoned Raiſins and Currants, and ſome Sugar; then lay on it ſome Forc'd-meat Balls made ſweet, and in the Summer ſome Artichoke bottoms boiled, and ſcalded Grapes in the Winter. Boil *Spaniſh* Potatoes cut in pieces; candied Citron, candied Orange and Lemon-peel, and three or four large blades of Mace; put Butter on the top; cloſe up your Pye, and bake it. Make the Caudle of White-wine, Juice of Lemon and Sugar: Thicken it with the yolks of two or three Eggs, and a bit of Butter; and when your Pye is baked, pour in the Caudle as hot as you can, and ſhake it well in the Pye, and ſerve it up.

A ſweet Chicken Pye.

TAKE five or ſix ſmall Chickens, pick, draw, and truſs them for baking; ſeaſon them with Cloves,

Cloves, Mace, Nutmeg, Cinamon, and a little Salt; wrap up ſome of the Seaſoning in Butter, and put it in their Bellies; and your Coffin being made, put them in; put over and between them pieces of Marrow, *Spaniſh* Potatoes, and Cheſnuts, both boiled, peeled, and cut, a handful of Barberries ſtript, a Lemon ſliced, ſome Butter on the top; ſo cloſe up the Pye and bake it, and have in readineſs a Caudle made of White-wine, Sugar, Nutmeg; beat it up with yolks of Eggs and Butter; have a care it does not curdle; pour the Caudle in, ſhake it well together, and ſerve it up hot.

Another Chicken Pye.

SEaſon your Chickens with Pepper, Salt, Cloves, Mace, Nutmeg, a little ſhred Parſley, and Thyme, mix'd with the other Seaſoning; wrap up ſome in Butter, and put in the Bellies of the Chickens, and lay them in your Pye; ſtrew over them Lemon cut like Dice; a handful of ſcalded Grapes, Artichoke-bottoms in quarters: So put Butter on it, and cloſe it up; when 'tis baked, put in a Lear of Gravy, with a little White-wine, a grated Nutmeg, thicken it up with Butter, and two or three Eggs; ſhake it well together, ſerve it up hot.

To make an Olio Pye.

MAKE your Pye ready; then take the thin Collops of the but-end of a Leg of Veal; as many as you think will fill your Pye; hack them with the back of a Knife, and ſeaſon them with Pepper, Salt, Cloves, and Mace; waſh over your Collops with a bunch of Feathers dipped in Eggs, and have in readineſs a good handful of Sweet-herbs ſhred ſmall; the Herbs muſt be Thyme, Parſley, and Spinage; and the yolks of eight hard Eggs, minced, and a few Oyſters parboiled and chopt; ſome Beef-ſuet ſhred very fine. Mix theſe together,

ther, and ſtrew them over your Collops, and ſprinkle a little Orange-flower-water on them, and roll the Collops up very cloſe, and lay them in your Pye, ſtrewing the Seaſoning that is left over them; put Butter on the top, and cloſe up your Pye; when 'tis drawn, put in Gravy, and one Anchovy diſſolved in it, and pour it in very hot: And you may put in Artichoke-bottoms and Cheſnuts, if you pleaſe, or ſliced Lemon, or Grapes ſcalded, or what elſe is in ſeaſon; but if you will make it a right ſavoury Pye leave them out.

To make a Florendine of Veal.

TAKE the Kidney of a Loin of Veal, fat and all, and mince it very fine; then chop a few Herbs, and put to it, and add a few Currants; ſeaſon it with Cloves, Mace, Nutmeg, and a little Salt; and put in ſome yolks of Eggs, and a handful of grated Bread, a Pippin or two chopt, ſome candied Lemon-peel minced ſmall, ſome Sack, Sugar, and Orange-flower-water. Put a ſheet of Puff-paſte at the bottom of your Diſh; put this in, and cover it with another; cloſe it up, and when 'tis baked, ſcrape Sugar on it; and ſerve it hot.

Another Made Diſh.

TAKE half a pound of Almonds, blanch and beat them very fine; put to them a little Roſe or Orange-flower-water in the beating; then take a quart of ſweet thick Cream, and boil it with whole Cinamon, and Mace, and quartered Dates; ſweeten your Cream with Sugar to your Taſte, and mix it with your Almonds, and ſtir it well together, and ſtrain it out through a Sieve. Let your Cream cool, and thicken it with the yolks of ſix Eggs; then garniſh the deep Diſh, and lay Paſte at the bottom, and then put in ſliced Artichoke-bottoms, being firſt boiled, and upon that a Layer of Mar-

Marrow, ſliced Citron, and candied Orange; ſo do till your Diſh is near full; then pour in your Cream, ſo bake it without a Lid; when 'tis baked, ſcrape Sugar on it, and ſerve it up hot. Half an hour will bake it.

To make an Artichoke Pye.

BOIL the Bottoms of eight or ten Artichokes; ſcrape and make them clean from the Core; cut each of them into ſix Parts; ſeaſon them with Cinamon, Nutmeg, Sugar, and a little Salt; then lay your Artichokes in your Pye. Take the Marrow of four or five Bones, dip your Marrow in yolks of Eggs and grated Bread, and ſeaſon it as you did your Artichokes, and lay it on the top and between your Artichokes; then lay on ſliced Lemon, Barberries, and large Mace; put Butter on the top, and cloſe up your Pye; then make your Lear of White-wine, Sack and Sugar; thicken it with yolks of Eggs, and a bit of Butter; when your Pye is drawn, pour it in, ſhake it together, and ſerve it hot.

To make a Skirret Pye.

BOIL your biggeſt Skirrets, and blanch them, and ſeaſon them with Cinamon, Nutmeg, and a very little Ginger and Sugar. Your Pye being ready, lay in your Skirrets; ſeaſon alſo the Marrow of three or four Bones with Cinamon, Sugar, a little Salt and grated Bread. Lay the Marrow in your Pye, and the yolks of twelve hard Eggs cut in halves, a handful of Cheſnuts boiled and blanched, and ſome candied Orange-peel in Slices. Lay Butter on the top, and lid your Pye. Let your Caudle be White-wine, Verjuice, ſome Sack and Sugar; thicken it with the yolks of Eggs, and when the Pye is baked, pour it in, and ſerve it hot. Scrape Sugar on it.

To make a Turbot Pye.

GUT, and waſh, and boil your Turbot, then ſeaſon it with a little Pepper and Salt, Cloves, Mace, and Nutmeg, and Sweet-herbs ſhred fine; then lay it in your Pye, or Pattipan, with the yolks of ſix Eggs boiled hard; a whole Onion, which muſt be taken out when 'tis baked. Put two Pounds of freſh Butter on the top; cloſe it up; when 'tis drawn, ſerve it hot or cold: 'Tis good either way.

To make a Chervil or Spinnage Tart.

SHRED a gallon of Spinnage or Chervil very ſmall; put to it half a pound of melted Butter, the Meat of three Lemons picked from the Skins or Seeds; the Rind of two Lemons grated, a pound of Sugar; put this in a Diſh or Pattipan with Puff-paſte on the bottom and top, and ſo bake it; when 'tis baked, cut off the Lid, and put Cream or Cuſtard over it as you do Codlin Tarts. Scrape Sugar over it; ſerve it cold. This is good among other Tarts in the Winter for Variety.

To make Lemon Cheeſecakes.

TAKE the Peel of two large Lemons, boil it very tender; then pound it well in a Mortar, with a quarter of a pound or more of Loaf-ſugar, the yolks of ſix Eggs, and half a pound of freſh Butter; pound and mix all well together, and fill the Pattipans but half full; Orange Cheeſecakes are done the ſame way; only you muſt boil the Peel in two or three Waters to take out the Bitterneſs.

A Fiſh Pye.

TAKE of Sole or thick Flounders, gut and waſh them, and juſt put them in ſcalding Water to get off the black Skin; then cut them in Scollops or indented, ſo that they will join and lie in the Pye, as if they were whole. Have your Pattipan in readineſs with Puff-paſte in the bottom and a Layer of Butter on it; then ſeaſon your Fiſh with a little Pepper and Salt, Cloves, Mace, and Nutmeg, and lay it in your Pattipan, joining the pieces together, as if the Fiſh had not been cut; then put in Forc'd-balls made with Fiſh, ſlices of Lemon with the Rind on, whole Oyſters, whole yolks of hard Eggs, and pickled Barberries; then lid your Pye and bake it; when 'tis drawn, make a Caudle of Oyſter-liquor and White-wine thicken'd up with yolks of Eggs and a bit of Butter; ſerve it hot.

To make Marrow Paſties.

MAKE your little Paſties the length of a Finger, and as broad as two Fingers; put in large pieces of Marrow, dipped in Eggs, and ſeaſoned with Sugar, Cloves, Mace, and Nutmeg; ſtrew a few Currants on the Marrow. Bake or fry them.

To make Mince-pyes of Veal.

FROM a Leg of Veal cut off four pounds of the fleſhy part in thick pieces, and put them in ſcalding Water, and let it juſt boil; then cut the Meat in ſmall thin pieces and ſkin it: It muſt be four pounds after 'tis ſcalded and ſkinned; to this quantity put nine pounds of Beef-ſuet well ſkinned, and ſhred them very well and fine with eight Pippins pared and cored, and four pounds of Raiſins of the Sun ſtoned; when 'tis ſhred very fine, put it in a large Pan or on a Table to mix, and

put

put to it one ounce of Nutmegs grated, half an ounce of Cloves, as much Mace, a large ſpoonful of Salt, above a pound of Sugar, the Peel of a Lemon ſhred exceeding fine; when you have ſeaſoned it to your Palate, put in ſeven pounds of Currants, and two pounds of Raiſins ſtoned and ſhred. When you fill your Pies, put into every one ſome ſhred Lemon with its Juice, ſome candied Lemon-peel and Citron in ſlices, and juſt as the Pies go into the Oven, put into every one a ſpoonful of Sack and a ſpoonful of Claret, ſo bake them.

To make buttered Loaves to eat hot.

TAKE eleven yolks of Eggs beat well, five ſpoonfuls of Cream, and a good ſpoonful of Ale-yeaſt; ſtir all theſe together with Flour till it comes to a little Paſte, not too ſtiff; work it well, cover it with a Cloth. Lay it before the Fire to riſe a quarter of an hour; when 'tis well riſen make it in a Roll, and cut it in five pieces, and make them into Loaves, and flat them down a little, or they will riſe too much; put them into an Oven as hot as for Manchet, and when they are taken out of the Oven, have at leaſt a pound of Butter beaten with Roſe-water and Sugar to your Taſte. Cut all the Loaves open at the top, and pour the Butter in them, and ſerve them hot to Table.

To make Cheeſecakes without Curd.

BEAT two Eggs very well; then put as much Flour as will make them thick; then beat three Eggs more very well, and put to the other with a pint of Cream, and half a pound of Butter. Set it over the Fire, and when it boils put in your two Eggs and Flour, and ſtir them well, and let them boil till they be pretty thick; then take it off the Fire, and ſeaſon it with Sugar, a little Salt,

Salt, and Nutmeg; put in Currants, and bake them in Pattipans as you do others.

To make a Cabbage-Lettuce Pye.

TAKE ſome of the largeſt and hardeſt Cabbage-Lettuce you can get; boil them in Salt and Water till they are tender; then lay them in a Colander to drain dry; then have your Paſte laid in your Pattipan ready, and lay Butter on the bottom; then lay in your Lettuce and ſome Artichoke-bottoms, and ſome large pieces of Marrow, and the yolks of eight hard Eggs, and ſome ſcalded Sorrel; bake it, and when it comes out of the Oven, cut open the Lid; and pour in a Caudle made with White-wine and Sugar, and thickened with Eggs; ſo ſerve it hot.

To make the light Wigs.

TAKE a pound and half of Flour, and half a pint of Milk made warm; mix theſe together, and cover it up, and let it lie by the Fire half an hour; then take half a pound of Sugar, and half a pound of Butter; then work theſe in the Paſte, and make it into Wigs, with as little Flour as poſſible. Let the Oven be pretty quick, and they will riſe very much.

To make little Plumb-cakes.

TAKE two pounds of Flour dried in the Oven, and half a pound of Sugar finely powdered, four yolks of Eggs, two whites, half a pound of Butter waſhed with Roſe-water, ſix ſpoonfuls of Cream warmed, a pound and half of Currants unwaſhed, but picked and rubbed very clean in a Cloth; mix all together and make them up in Cakes, and bake them up in an Oven almoſt as hot as for Manchet. Let them ſtand half an hour till they

they be coloured on both ſides; then take down the Oven-lid, and let them ſtand a little to ſoak.

To make Puff-paſte.

TO a Peck of Flour, you muſt have three quarters the weight in Butter; dry your Flour well, and lay it on a Table; make a hole, and put in it a dozen whites of Eggs well beaten, but firſt break into it a third part of your Butter; then with Water make up your Paſte; then roll it out, and by degrees put in the reſt of your Butter.

To make a Hare Pye.

SKIN your Hare, waſh her, and dry her, and bone her; ſeaſon the Fleſh with Pepper, Salt, and Spice, and beat it fine in a Stone Mortar. Do a young Pig at the ſame time, and in the ſame manner; then make your Pye, and lay a Layer of Pig, and a Layer of Hare till 'tis full; put Butter at the bottom and on the top. Bake three hours; 'tis good hot or cold.

To ice Tarts.

TAKE a little yolk of Egg, and melted Butter, beat it very well together, and with a Feather waſh over your Tarts, and ſift Sugar on them juſt as you put them in the Oven.

To make an Olio Pye.

TAKE a Fillet of Veal, cut it in large thin ſlices, and beat it with a Rolling-pin. Have ready ſome Forc'd-meat, made with Veal and Suet, grated Bread, grated Lemon-peel, ſome Nutmeg, the yolks of two or three hard Eggs; ſpread the Forc'd-meat all over your Collops, and roll them up, and place them in your Pye with yolks of hard

hard Eggs, lumps of Marrow, and ſome Water. So lid it and bake it, and when 'tis baked, put in a Caudle of ſtrong gravy, White-wine and Butter.

To make very good Wigs.

TAKE a quarter of a peck of the fineſt Flour, rub into it three quarters of a pound of freſh Butter, till 'tis like grated Bread, ſomething more than half a pound of Sugar, half a Nutmeg, and half a Race of Ginger grated; three Eggs, yolks and whites beaten very well, and put to them half a pint of thick Ale-yeaſt, and three or four ſpoonfuls of Sack. Make a hole in your Flour, and pour in your Yeaſt and Eggs, and as much Milk juſt warm, as will make it into a light Paſte. Let it ſtand before the Fire to riſe half an hour; then make it into a dozen and half of Wigs; waſh them over with Eggs juſt as they go into the Oven; a quick Oven, and half an hour will bake them.

To make Almold Cheeſe-cakes.

TAKE a good handful or more of Almonds, blanch them in warm Water, and throw them in cold; pound them fine, and in the pounding put a little Sack or Orange-flower-water to keep them from oiling; then put to your Almonds the yolks of two hard Eggs, and beat them together: Beat the yolks of ſix Eggs, the whites of three, and mix with your Almonds, and half a pound of Butter melted, and Sugar to your Taſte; mix all well together, and uſe it as other Cheeſe-cake Stuff.

To make a Lumber Pye.

PARBOIL the Umbles of a Deer, clear all the Fat from them, and put more than their weight in Beef-ſuet, and ſhred it together very ſmall; then put to it half a pound of Sugar, aud ſeaſon

with Cloves, Mace, Nutmeg, Salt to your Taſte; and put in a pint of Sack, and half as much Claret, and two pounds of Currants, waſhed and picked; mix all well together, and bake it in Puff or other Paſte.

To make Lemon Cheeſe-cakes.

TAKE two large Lemons, grate off the Peel of both, and ſqueeze out the Juice of one; add to it half a pound of fine Sugar; twelve yolks of Eggs, eight whites well beaten; then melt half a pound of Butter in four or five ſpoonfuls of Cream; then ſtir it all together, and ſet it over the Fire, ſtirring it till it begins to be pretty thick; then take it off, and when 'tis cold, fill your Pattipans little more than half full; put a fine Paſte very thin at the bottom of the Pattipans; half an hour with a quick Oven will bake them.

To make Cream Cheeſe with old Cheſhire.

TAKE a pound and half of old Cheſhire Cheeſe, ſhave it all very thin, then put it in a Mortar, and add to it a quarter of an ounce of Mace beaten fine and ſifted, half a pound of freſh Butter, and a glaſs of Sack; mix and beat all theſe together till they are perfectly incorporated; then put it in a Pot, what thickneſs you pleaſe, and cut it out in ſlices for Cream Cheeſe, and ſerve it with the Deſert.



All

All Sorts of CAKES.

To make a rich great Cake.

TAKE a Peck of Flour well dried, an ounce of Cloves and Mace, half an ounce of Nutmegs, as much Cinamon; beat the Spice well, and mix them with your Flour, and a pound and half of Sugar, and a little Salt, and thirteen pounds of Currants well waſhed, picked, and dried, and three pounds of Raiſins ſtoned and cut into ſmall pieces; mix all theſe well together; then make five pints of Cream almoſt ſcalding hot, and put into it four pounds of freſh Butter; then beat the yolks of twenty Eggs, three pints of good Ale-yeaſt, a pint of Sack, a quarter of a pint of Orange-flour-water, three grains of Muſk, and ſix grains of Ambergreaſe: Mix theſe together, and ſtir them into your Cream and Butter; then mix all in the Cake, and ſet it an hour before the fire to riſe, before you put it into your Hoop; mix your Sweetmeats in it, two pounds of Citron, and one pound of candied Orange and Lemon-peel cut in ſmall pieces: You muſt bake it in a deep Hoop, butter the ſides, and put two Papers at the bottom, and flour it and put in your Cake; it muſt have a quick Oven, four hours will bake it: When 'tis drawn, ice it over the top and ſides. Take two pounds of double-refin'd Sugar, beat and ſifted, and the whites of ſix Eggs beaten to a Froth, with three or four ſpoonfuls of Orange-flower-water, and three grains of Muſk and Ambergreaſe together; put all theſe in a Stone Mortar, and beat them with a wooden Peſtle, till 'tis as white as Snow, and

with a bruſh or bunch of Feathers, ſpread it all over the Cake, and put it in the Oven to dry; but take care the Oven does not diſcolour it; when 'tis cold paper it; it will keep good five or ſix weeks.

A Plumb-Cake.

TAKE ſix pounds of Currants, five pounds of Flour, an ounce of Cloves and Mace, a little Cinamon, half an ounce of Nutmegs, half a pound of pounded and blanched Almonds, half a pound of Sugar, three quarters of a pound of ſliced Citron, Lemon and Orange-peel, half a pint of Sack, a little Honey-water, and a quart of Ale-yeaſt, a quart of Cream, a pound and half of Butter melted and poured into the middle thereof; then ſtrew a little Flour thereon, and let it lie to riſe; then work it well together and lay it before the fire to riſe, then work it up till it is very ſmooth; then put it in an Hoop with a Paper floured at the bottom.

A good Seed Cake.

TAKE five pounds of fine Flour well dried, and four pounds of ſingle-refined Sugar beaten and ſifted; mix the Sugar and Flour together, and ſift them through a Hair-ſieve; then waſh four pounds of Butter in eight ſpoonfuls of Roſe or Orange-flower-water; you muſt work the Butter with your Hand, till 'tis like Cream; beat twenty Eggs, half the whites, and put to them ſix ſpoonfuls of Sack; then put in your Flour a little at a time, keeping ſtirring with your Hand all the time; you muſt not begin mixing it till the Oven is almoſt hot; you muſt let it lie a little while before you put your Cake into the Hoop; when you are ready to put it into the Oven, put into it eight ounces of candied Orange-peel ſliced, and as much Citron, and a pound and half of Carraway-comfits; mix all well together, and put it in the Hoop, which muſt

muſt be prepared at bottom, and buttered, the Oven muſt be quick; it will take two or three hours baking. You may ice it if you pleaſe.

Another Seed Cake.

TAKE ſeven pounds of fine Flour well dried, and mix with it a pound of Sugar beaten and ſifted, and three Nutmegs grated; and rub three pounds of Butter into the Flour; then beat the yolks of eight Eggs, the whites of but four, and mix with them a little Roſe-water, and a quart of Cream blood warm, and a quart of Ale-yeaſt, and a little Salt; ſtrain all into your Flour, and put a pint of Sack in with it, and make up your Cake, and put it into a buttered Cloth, and lay it half an hour before the fire to riſe; the mean while fit your Paper, and butter your Hoop; then take a pound and three quarters of Biſket-comfit, and a pound and half of Citron cut in ſmall pieces, and mix theſe in your Cake, and put into your Hoop, run a Knife croſs down to the bottom; a quick Oven, and near three hours will bake it.

A Plumb Cake.

TAKE five pounds of fine Flour, and put to it half a pound of Sugar; and of Nutmegs, Cloves, and Mace finely beaten, of each half an ounce, and a little Salt, mix theſe well together; then take a quart of Cream, let it boil, and take it off, and cut into it three pounds of freſh Butter, let it ſtand till 'tis melted, and when 'tis blood warm mix with it a quart of Ale-yeaſt, and a pint of Sack, and twenty Eggs, ten whites well beaten; put ſix pounds of Currants to your Flour, and make a hole in the middle, and pour in the Milk and other things, and make up your Cake, mixing it well with your Hands; cover it warm, and ſet it before the Fire to riſe for half an hour; then put

it in the Hoop; if the Oven be hot, two hours will bake it; the Oven muſt be quick; you may perfume it with Ambergreaſe, or put Sweetmeats in it if you pleaſe. Ice it when cold, and paper it up.

An ordinary Cake to eat with Butter.

TAKE two pounds of Flour, and rub into it half a pound of Butter; then put to it ſome Spice, a little Salt, a quarter and half of Sugar, and half a pound of Raiſins ſtoned, and half a pound of Currants; make theſe into a Cake, with half a pint of Ale-yeaſt, and four Eggs, and as much warm Milk as you ſee convenient; mix it well together, an hour and half will bake it. This Cake is good to eat with Butter for Breakfaſts.

A French *Cake to eat hot.*

TAKE a dozen of Eggs, and a quart of Cream, and as much Flour as will make it into a thick Batter; put to it a pound of melted Butter, half a pint of Sack, one Nutmeg grated, mix it well, and let it ſtand three or four hours; then bake it in a quick Oven, and when you take it out, ſlit it in two, and pour a pound of Butter on it melted with Roſe-water; cover it with the other half, and ſerve it up hot.

To make Portugal *Cakes.*

TAKE a pound and quarter of fine Flour well dried, and break a pound of Butter into the Flour and rub it in, add a pound of Loaf-Sugar beaten and ſifted, a Nutmeg grated, four perfumed Plumbs, or ſome Ambergreaſe, mix theſe well together, and beat ſeven Eggs, but four whites, with three ſpoonfuls of Orange-flower-water; mix all theſe together, and beat them up an hour; butter your little Pans, and juſt as they are going into the Oven, fill them half full, and ſearce ſome fine Sugar over them;

them; little more than a quarter of an hour will bake them. You may put a handful of Currants into ſome of them; take them out of the Pans as ſoon as they are drawn, keep them dry, they will keep good three Months.

To make Jumbals.

TAKE the whites of three Eggs, beat them well, and take off the Froth; then take a little Milk, and a little Flour, near a pound, as much Sugar ſifted, and a few Carraway-ſeeds beaten very fine; work all theſe in a very ſtiff Paſte, and make them into what Form you pleaſe: Bake them on white Paper.

To make March-pane.

TAKE a pound of *Jordan* Almonds, blanch and beat them in a marble Mortar very fine; then put to them three quarters of a pound of double-refin'd Sugar, and beat with them a few Drops of Orange-flower-water; beat all together till 'tis a very good Paſte, then roll it into what ſhape you pleaſe; duſt a little fine Sugar under it as you roll it to keep it from ſticking. To ice it, ſearce double-refined Sugar as fine as Flour, wet it with Roſe-water, and mix it well together, and with a Bruſh or bunch of Feathers ſpread it over your March-pane: Bake them in an Oven that is not too hot; put Wafer-paper at the bottom, and white Paper under that, ſo keep them for uſe.

To make Almond Puffs.

TAKE half a pound of *Jordan* Almonds, blanch and beat them very fine with three or four ſpoonfuls of Roſe-water; then take half an ounce of the fineſt Gum-dragant ſteeped in Roſe-water three or four days before you uſe it, then put it to the Almonds, and beat it together; then take three

quarters of a pound of double-refin'd Sugar beaten and ſifted, and a little fine Flour, and put to it; roll it in what ſhape you pleaſe; lay them on white Paper, and put them in an Oven gently hot, and when they are baked enough, take them off the Papers, and put them on a Sieve to dry in the Oven, when 'tis almoſt cold.

To make little hollow Biskets.

BEAT ſix Eggs very well with a ſpoonful of Roſe-water, then put in a pound and two ounces of Loaf-Sugar beaten and ſifted; ſtir it together till 'tis well mixed in the Eggs; then put in as much Flour as will make it thick enough to lay out in Drops upon Sheets of white Paper; ſtir it well together till you are ready to drop it on your Paper; then beat a little very fine Sugar and put into a Lawn Sieve, and ſift ſome on them juſt as they are going into the Oven; ſo bake them, the Oven muſt not be too hot, and as ſoon as they are baked, whilſt they are hot, pull off the Papers from them, and put them in a Sieve, and ſet them in an Oven to dry; keep them in Boxes with Papers between.

To make Wigs.

TAKE two pounds of Flour, and a quarter of a pound of Butter, as much Sugar, a Nutmeg grated, a little Cloves and Mace, and a quarter of an ounce of Carraway-ſeeds, Cream and Yeaſt as much as will make it up into a pretty light Paſte; make them up, and ſet them by the Fire to riſe till the Oven be ready; they will quickly be baked.

To make Ginger-bread.

TAKE a pound and half of *London* Treacle, two Eggs beaten, half a pound of brown Sugar, one ounce of Ginger beaten and ſifted; of Cloves,

Mace and Nutmegs all together half an ounce beaten very fine, Coriander-ſeeds and Carraway-ſeeds of each half an ounce, two pounds of Butter melted; mix all theſe together, with as much Flour as will knead it into a pretty ſtiff Paſte; then roll it out, and cut it into what form you pleaſe; bake it in a quick Oven on Tin-plates; a little time will bake it.

Another ſort of Ginger-bread.

TAKE half a pound of Almonds, blanch and beat them till they have done ſhining; beat them with a ſpoonful or two of Orange-flower-water, put in half an ounce of beaten Ginger, and a quarter of an ounce of Cinamon powdered; work it to a Paſte with double-refined Sugar beaten and ſifted; then roll it out, and lay it on Papers to dry in an Oven after Pyes are drawn.

To make Dutch *Ginger-bread.*

TAKE four pounds of Flour, and mix with it two ounces and a half of beaten Ginger; then rub in a quarter of a pound of of Butter, and add to it two ounces of Carraway-ſeeds, two ounces of Orange-peel dried and rubb'd to Powder, a few Coriander-ſeeds bruiſed, two Eggs: Then mix all up in a ſtiff Paſte, with two pound and a quarter of Treacle; beat it very well with a Rolling-pin, and make it up into thirty Cakes; put in a candied Citron; prick them with a Fork: Butter Papers three double, one white, and two brown; waſh them over with the white of an Egg; put them into an Oven not too hot, for three quarters of an hour.

To make Buns.

TAKE two pounds of fine Flour, a pint of Ale-yeaſt; put a little Sack in the Yeaſt, and three Eggs beaten; knead all theſe together with a little warm Milk, a little Nutmeg, and a little Salt; then lay it before the fire, till it riſe very light; then knead in a pound of freſh Butter, and a pound of round Carraway-comfits; and bake them in a quick Oven on floured Papers, in what ſhape you pleaſe.

To make French *Bread.*

TAKE half a peck of fine Flour; put to it ſix yolks of Eggs, and four whites, a little Salt, a pint of good Ale-yeaſt, and as much new Milk made a little warm, as will make it a thin light Paſte; ſtir it about with your Hand, but by no means knead it; then have ready ſix wooden quart Diſhes, and fill them with Dough; let them ſtand a quarter of an hour to heave, and then turn them out into the Oven; and when they are baked, raſp them. The Oven muſt be quick.

To make Wigs.

TAKE three pounds and a half of Flour, and three quarters of a pound of Butter, and rub it into the Flour till none of it be ſeen; then take a pint or more of new Milk, and make it very warm, and half a pint of new Ale-yeaſt; then make it into a light Paſte. Put in Carraway-ſeeds, and what Spice you pleaſe; then make it up, and lay it before the Fire to riſe; then work in three quarters of a pound of Sugar, and then roll them into what Form you pleaſe, pretty thin, and put them on Tin-plates, and hold them before the Oven to riſe again. Before you ſet them in, your Oven muſt be pretty quick.

To make Ginger-bread.

TAKE three pounds of fine Flour, and the Rind of a Lemon dried and beaten to Powder, half a pound of Sugar, or more as you like it, and an ounce and half of beaten Ginger: Mix all theſe well together, and wet it pretty ſtiff with nothing but Treacle; make it into long Rolls or Cakes, as you pleaſe. You may put candied Orange-peel and Citron in it. Butter your Paper you bake it on; and let it be baked hard.

To make Shrewsbury-*Cakes.*

TAKE to one pound of Sugar, three pounds of the fineſt Flour, a Nutmeg grated, ſome beaten Cinamon; the Sugar and Spice muſt be ſifted into the Flour, and wet it with three Eggs, and as much melted Butter, as will make it of a good thickneſs to roll into a Paſte; mould it well and roll it, and cut it into what Shape you pleaſe. Perfume them, and prick them before they go into the Oven.

To make Almond Cakes.

TAKE a pound of Almonds, blanch and beat them exceeding fine with a little Roſe or Orange-flower-water; then beat three Eggs, but two Whites, and put to them a pound of Sugar ſifted, and then put in your Almonds, and beat all together very well; butter ſheets of white Paper, and lay the Cakes in what form you pleaſe, and bake them.

You may perfume them, if you like it; bake them in a cool Oven.

To make Drop Biſket.

TAKE eight Eggs, and one pound of double-refin'd Sugar beaten fine, and twelve ounces of

of fine Flour well dried. Beat your Eggs very well; then put in your Sugar, and beat it, and then your Flour by degrees, and beat it all very well together for an hour without ceaſing. Your Oven muſt be as hot as for half-penny-Bread; then flour ſome Sheets of Tin, and drop your Biſket what bigneſs you pleaſe, and put them in the Oven as faſt as you can, and when you ſee them riſe, watch them, and if they begin to colour take them out again and put in more; and if the firſt is not enough, put them in again; if they are right done, they will have a white Ice on them. You may put in Carraway-ſeeds if you pleaſe: when they are all baked, put them all in the Oven again till they are very dry, and keep them in your Stove.

To make little Cracknels.

TAKE three pounds of Flour finely dried, three ounces of Lemon and Orange-peel dried and beaten to a powder, and an ounce of Coriander ſeeds beaten and ſearced, and three pounds of double-refined Sugar beaten fine and ſearced; mix theſe together with fifteen Eggs, half of the whites taken out, a quarter of a pint of Roſe-water, as much Orange-flower-water. Beat the Eggs and Water well together; then put in your Orange-peel and Coriander-ſeeds, and beat it again very well with two Spoons, one in each hand; then beat your Sugar in by little and little; then your Flour by a little at a time, ſo beat with both Spoons an hour longer; then ſtrew Sugar on Papers, and drop them the bigneſs of a Walnut, and ſet them in the Oven; the Oven muſt be hotter than when Pyes are drawn. Do not touch them with your Fingers before they are baked. Let the Oven be ready for them againſt they are done; be careful the Oven does not colour them.

To make the thin Dutch *Biſket.*

TAKE five pounds of Flour, and two ounces of Carraway-ſeeds, half a pound of Sugar, and ſomething more than a pint of Milk. Warm the Milk, and put into it three quarters of a pound of Butter; then make a Hole in the middle of your Flour, and put in a full pint of good Ale-yeaſt; then pour in the Butter and Milk, and make theſe into a Paſte, and let it ſtand a quarter of an hour by the Fire to riſe; then mould it, and roll it into Cakes pretty thin; prick them all over pretty much or they will bliſter; ſo bake them a quarter of an hour.

To make an ordinary Seed-cake.

TAKE ſix pounds of fine Flour, rub into it a thimble-full of Carraway-ſeeds finely beaten, and two Nutmegs grated, and Mace beaten; then heat a quart of Cream, hot enough to melt a pound of Butter in it, and when 'tis no more than blood warm, mix your Cream and Butter with a pint of good Ale-yeaſt; and then wet your Flour with it; make it pretty thin; juſt before it goes into the Oven, put in a pound of rough Carraways, and ſome Citron ſliced thin. Three quarters of an hour in a quick Oven will bake it.

To make ordinary Wigs.

TAKE three pounds and an half of fine Flour, and three quarters of a pound of Butter, rub it into the Flour till none of it be ſeen; then take a pint or more of new Milk, and make it very warm, and three quarters of a pint of Ale-yeaſt; and with theſe make it into a light Paſte; and put in Carraway-ſeeds, or what Spice you pleaſe; then ſet it before the Fire to riſe; then mix in it three quarters

quarters of a pound of Sugar; then roll them out pretty thin, and then put on Tin-plates and hold them before the Fire to riſe again, or before the Oven. Let your Oven be pretty quick, and they will ſoon be baked.

A good Seed-cake.

TAKE two pounds of the fineſt Flour well dried, two pounds of freſh Butter rubbed well in; ten Eggs, leave out five whites; three ſpoonfuls of Cream, four ſpoonfuls of good Yeaſt; mix all well together and ſet it to the Fire, not too near; when 'tis well riſen, put in a pound of Carraway-comfits. An hour and a quarter will bake it.

To make the Marlborough *Cake.*

TAKE eight Eggs, yolks and whites, beat and ſtrain them, and put to them a pound of Sugar beaten and ſifted; beat it three quarters of an hour together; then put in three quarters of a pound of Flour well dried, and two ounces of Carraway-ſeeds; beat it all well together, and bake it in a quick Oven in broad Tin-Pans.

Another ſort of little Cakes.

TAKE a pound of Flour, and a pound of Butter. Rub the Butter into the Flour, two ſpoonfuls of Yeaſt, and two Eggs. Make it up into a Paſte, ſlick white Paper, roll your Paſte out the thickneſs of a Crown, cut them out with the top of a Tin Caniſter; ſift fine Sugar over them, and lay them on the ſlick'd Paper. Bake them after Tarts an hour.

To make the White Cake.

TAKE three quarts of the fineſt Flour, a pound and half of Butter, a pint of thick Cream, half a pint of Ale-yeaſt, half a quarter of a pint of Roſe-water and Sack together, a quarter of an ounce of Mace, nine Eggs, abating four whites, beat them well; five ounces of double-refined Sugar; mix the Sugar and Spice, and a very little Salt with your dry Flour, and keep out half a pint of the Flour to ſtrew over the Cake; when 'tis all mixed, melt the Butter in the Cream, when 'tis a little cool, ſtrain the Eggs into it, Yeaſt, *&c.* Make a Hole in the midſt of the Flour, and pour all the Wetting in, ſtirring it round with your Hand all one way, till well mixed. Strew on the Flour that was ſaved out, and ſet it before the fire to riſe, covered over with a Cloth; let it ſtand ſo a quarter of an hour. You muſt have in readineſs three pounds and half of Currants waſhed and picked, and well dried in a Cloth; mingle them in the Paſte without kneading; put it in a Tin-hoop; ſet it in a quick Oven, or it will not riſe; it muſt ſtand an hour and half in the Oven.

To make another ſort of Ginger-bread.

TAKE a pound and half of *London* Treacle, two Eggs beaten, a pound of Butter melted, half a pound of brown Sugar, an ounce of beaten Ginger; and of Cloves, Mace, Coriander-ſeeds and Carraway-ſeeds, of each half an ounce; mix all theſe together with as much Flour as will knead it into a Paſte; roll it out, and cut it into what Form you pleaſe. Bake it in a quick Oven on Tin plates; a little time will bake it.

To make Biskets.

TO a quart of Flour, take a quarter of a pound of Butter, and a quarter of a pound of Sugar, one Egg, and what Carraway-ſeeds you pleaſe, wet the Milk as ſtiff as you can; then roll them out very thin; cut them with a ſmall Glaſs. Bake them on Tin-Plates, your Oven muſt be ſlack. Prick them very well juſt as you ſet them in, and keep them dry when baked.

To make brown French *Loaves.*

TAKE a peck of coarſe Flour, and as much of the Raſpings of Bread, beaten and ſifted as will make it look brown; then wet it with a pint of good Yeaſt, and as much Milk and Water warm as will wet it pretty ſtiff; mix it well, and ſet it before the fire to riſe; make it into ſix Loaves; make it up as light as you can, and bake it well in a quick Oven.

To make the hard Bisket.

TAKE half a peck of fine Flour, one ounce of Carraway-ſeeds, the whites of two Eggs, a quarter of a pint of Ale-yeaſt, and as much warm Water as will make it into a ſtiff Paſte; then make it in long rolls. Bake it an hour; the next day pare it round; then ſlice it in thin ſlices about half an inch thick; dry it in the Oven; then draw it and turn it, and dry the other ſide; they will keep the whole Year.

To make Whetſtone *Cakes.*

TAKE half a pound of fine Flour, and half a pound of Loaf-Sugar ſearced, a ſpoonful of Carraway-ſeeds dried, the yolk of one Egg, the whites

whites of three, a little Roſe-water, with Ambergreaſe diſſolved in it; mix it together, and roll it out as thin as a Wafer; cut them with a Glaſs; lay them on flour'd Paper, and bake them in a ſlow Oven.

To make a good Plumb-cake.

TAKE four pounds of Flour, put to it half a pound of Loaf-ſugar beaten and ſifted, of Mace and Nutmegs half an ounce beaten fine, a little Salt. Beat the yolks of thirty Eggs, the whites of fifteen, a pint and half of Ale-yeaſt, three quarters of a pint of Sack, with two grains of Ambergreaſe, and two of Muſk ſteeped in it five or ſix hours; then take a large pint of thick Cream, ſet it on the fire, and put in two pounds of Butter to melt, but not boil; then put your Flour in a Bowl, make a Hole in the midſt, and pour in your Yeaſt, Sack, Cream and Eggs. Mix it well with your Hands, make it up, not too ſtiff, ſet it to the Fire a quarter of an hour to riſe; then put in ſeven pounds of Currants picked and waſhed in warm Water, then dried in a coarſe Cloth, and kept warm till you put them into your Cake, which mix in as faſt as you can, and put candied Lemon, Orange and Citron in it; put it in your Hoop, which muſt be ready buttered and fixed; ſet it in a quick Oven; bake it two hours or more, when 'tis near cold, ice it.

Another Plumb-cake.

TAKE four pounds of Flour, four pounds of Currants, and twelve Eggs, half the whites taken out, near a pint of Yeaſt, a pound and half of Butter, a good half-pint of Cream; three quarters of a pound of Loaf-ſugar, beaten Mace, Nutmegs and Cinamon, half an ounce beaten fine; mingle the Spices and Sugar with the Flour; beat the Eggs well, and put to them a quarter of a pint of Roſe-water, that had a little Muſk and Amber-

greaſe diſſolved in it; put the Butter and Cream into a Jug, and put it in a pot of boiling Water to melt; when you have mixed the Cake, ſtrew a little Flour over it. Cover it with a very hot Napkin, and ſet it before the fire to riſe: butter and flower your Hoop, and juſt as your Oven is ready, put your Currants into boiling Water to plump. Dry them in a hot Cloth, and mix them in your Cake. You may put in half a pound of candied Orange, and Lemon, and Citron; let not your Oven be too hot, two hours will bake it, three if 'tis double the quantity. Mix it with a broad Pudding-ſtick, not with your Hands; when your Cake is juſt drawn, pour all over it a Gill of Brandy or Sack; then ice it.

Another Plumb-cake with Almonds.

TAKE four pounds of fine Flour dried well, five pounds of Currants well picked and rubbed, but not waſhed; five pounds of Butter waſhed and beaten in Orange-flower Water and Sack; two pounds of Almonds beaten very fine, four pounds of Eggs weighed, half the whites taken out; three pounds of double-refined Sugar, three Nutmegs grated, a little Ginger, a quarter of an ounce of Mace, as much Cloves finely beaten, a quarter of a pint of the beſt Brandy: The Butter muſt be beaten to Cream; then put in your Flour, and all the reſt of your things, beating it till you put it in the Oven; four hours will bake it, the Oven muſt be very quick; put in Orange, Lemon-peel candied, and Citron, as you like.

A rich Seed-cake, call'd The Nun's Cake.

TAKE four pounds of your fineſt Flour, and three pounds of double-refined Sugar beaten and ſifted; mix them together, and dry them by the fire till you prepare your other Materials.

Take

Take four pounds of Butter, beat it in your Hands till 'tis very ſoft like Cream; then beat thirty-five Eggs, leave out ſixteen whites, and ſtrain out the Treddels of the reſt, and beat them and the Butter together, till all appears like Butter; put in four or five ſpoonfuls of Roſe or Orange-flower-water, and beat it again; then take your Flour and Sugar, with ſix ounces of Carraway-ſeeds, and ſtrew it in by degrees, beating it up all the time for two hours together; you may put in as much Tincture of Cinamon or Ambergreaſe as you pleaſe; butter your Hoop, and let it ſtand three hours in a moderate Oven.

To ice a great Cake.

TAKE two pounds of the fineſt double-refin'd Sugar, beat and ſift it very fine, and likewiſe beat and ſift a little Starch and mix with it; then beat ſix whites of Eggs to a Froth, and put to it ſome Gum-water, the Gum muſt be ſteeped in Orange-flower-water; then mix and beat all theſe together two hours, and put it on your Cake; when 'tis baked, ſet it in the Oven a quarter of an hour.

Another Seed-Cake.

TAKE a pound of Flour, dry it by the fire, add to it a pound of fine Sugar beaten and ſifted; then take a pound and a quarter of Butter, and work it in your Hand till 'tis like Cream; beat the yolks of ten Eggs, the whites of ſix; mix all theſe together with an ounce and half of Carraway-ſeeds, and a quarter of a pint of Brandy; it muſt not ſtand to riſe.

CREAMS and JELLIES.

Lemon Cream.

TAKE five large Lemons, and ſqueeze out the Juice, and the whites of ſix Eggs well beaten, ten ounces of double-refin'd Sugar beaten very fine, and twenty ſpoonfuls of Spring-water; mix all together and ſtrain it through a Jelly-bag; ſet it over a gentle fire, ſcum it very well, when 'tis as hot as you can bear your Finger in it, take it off, and pour it into Glaſſes; put ſhreds of Lemon-peel into ſome of the Glaſſes.

Another Lemon Cream.

TAKE the Juice of four large Lemons, and half a pint of Water, and a pound of double-refin'd Sugar beaten fine, and the whites of ſeven Eggs, and the yolk of one beaten very well; mix all together, and ſtrain it, and ſet it on a gentle fire, ſtirring it all the while, and ſcum it clean; put into it the Peel of one Lemon, when 'tis very hot, but not boil; take out the Lemon-peel, and pour it into *China* Diſhes.

To make Orange Cream.

TAKE a pint of the Juice of Sevil Oranges, put to it the yolks of ſix Eggs, the whites of four; beat the Eggs very well, and ſtrain them and the Juice together; add to it a pound of double-refin'd Sugar beaten and ſifted; ſet all theſe together on a ſoft Fire, and put the Peel of half an Orange into

into it, keep it ſtirring all the while, and when 'tis almoſt ready to boil, take out the Orange-peel, and pour out the Cream into Glaſſes or *China* Diſhes.

To make Gooſeberry Cream.

TAKE two quarts of Gooſeberries, put to them as much Water as will cover them; let them boil all to maſh, then run them through a Sieve with a Spoon; to a quart of the Pulp, you muſt have ſix Eggs well beaten, and when the Pulp is hot, put in an ounce of freſh Butter, ſweeten it to your Taſte, and put in your Eggs, and ſtir them over a gentle fire till they grow thick; then ſet it by, and when 'tis almoſt cold, put into it two ſpoonfuls of Juice of Spinage, and a ſpoonful of Orange-flower-water or Sack, ſtir it well together, and put it in your Baſons; when 'tis cold ſerve it to the Table.

Some love the Gooſeberries only maſhed, not pulped through a Sieve, and put the Butter, and Eggs, and Sugar as the other, but no Juice of Spinage.

To make Barley Cream.

TAKE a ſmall quantity of Pearl-Barley, and boil it in Milk and Water till 'tis tender: then ſtrain the Liquor from it, and put your Barley into a quart of Cream, and let it boil a little; then take the whites of five Eggs, and the yolk of one beaten with a ſpoonful of fine Flour, and two ſpoonfuls of Orange-flower-water, then take the Cream off the fire, and mix the Eggs in by degrees, and ſet it over the fire again to thicken; ſweeten it to your Taſte; pour it into Baſons, and when 'tis cold ſerve it up.

To make Steeple Cream.

TAKE five ounces of Hart's-horn, and two ounces of Ivory, and put them into a Stone-bottle,

and fill it up with fair Water to the Neck, and put in a ſmall quantity of Gum-arabick, and Gum-dragant; then tie up the Bottle very cloſe, and ſet it into a Pot of Water with Hay at the bottom, let it boil ſix hours; then take it out and let it ſtand an hour before you open it, leſt it fly in your Face; then ſtrain it in, and it will be a ſtrong Jelly; then take a pound of blanch'd Almonds, and beat them very fine, and mix it with a pint of thick Cream, and let it ſtand a little; then ſtrain it out, and mix it with a pound of Jelly; ſet it over the fire till 'tis ſcalding hot, ſweeten it to your Taſte with double-refin'd Sugar; then take it off, and put in a little Amber, and pour it out into ſmall high Gallipots like a Sugar-loaf at top; when 'tis cold turn them out, and lay whipt Cream about them in Heaps.

To make Blanch'd Cream.

TAKE a quart of the thickeſt ſweet Cream you can get, ſeaſon it with fine Sugar and Orange-flower-water; then boil it; then beat the whites of twenty Eggs with a little cold Cream, take out the Treddles, and when the Cream is on the fire and boils, pour in your Eggs, ſtirring it very well till it comes to a thick Curd; then take it up and paſs it through a hair Sieve; then beat it very well with a Spoon till 'tis cold, and put it in Diſhes for uſe.

To make Quince Cream.

TAKE Quinces, ſcald them till they are ſoft; pare them, and maſh the clear part of them, and pulp it through a Sieve; take an equal weight of Quince, and double-refin'd Sugar beaten and ſifted, and the whites of Eggs, and beat it till it is as white as Snow, then put it in Diſhes.

To make Almond Cream.

TAKE a quart of Cream, boil it with Nutmeg, Mace, and a bit of Lemon-peel, and ſweeten it to your Taſte; then blanch ſome Almonds, and beat them very fine; then take nine whites of Eggs well beaten, and ſtrain them to your Almonds, and rub them very well through a thin Strainer; ſo thicken your Cream; juſt give it one boil, and pour it into *China* Diſhes, and when 'tis cold ſerve it up.

To make Ratafia Cream.

TAKE ſix large Laurel-leaves, and boil them in a quart of thick Cream; when 'tis boiled throw away the Leaves, and beat the yolks of five Eggs with a little cold Cream, and Sugar to your Taſte; then thicken your Cream with your Eggs, and ſet it over the fire again, but let it not boil; keep it ſtirring all the while, and pour it into *China* Diſhes; when 'tis cold 'tis fit for uſe.

To make Sack Cream.

TAKE the yolks of two Eggs, and three ſpoonfuls of fine Sugar, and a quarter of a pint of Sack; mix them together, and ſtir them into a pint of Cream; then ſet them over the fire till 'tis ſcalding hot, but let it not boil. You may toaſt ſome thin ſlices of white Bread, and dip them in Sack or Orange-flower-water, and pour your Cream over them.

To make Rice Cream.

TAKE three ſpoonfuls of the Flour of Rice, as much Sugar, the yolks of two Eggs, two ſpoonfuls of Sack, or Roſe or Orange-flower-water;

mix all theſe together, and put them to a pint of Cream, ſtir it over the fire till 'tis thick, then pour it into *China* Diſhes.

To make Hart's-Horn Jelly.

TAKE a large Gallipot, and fill it full of Hart's-horn, and then fill it full with Spring-water, and tie a double Paper over the Gallipot, and ſet it in the Baker's Oven with houſhold-bread; in the Morning take it out, and run it through a Jelly-bag, and ſeaſon it with juice of Lemoms, and double-refin'd Sugar, and the whites of eight Eggs well beaten; let it have a boil, and run it thro' the Jelly-bag again into your Jelly-glaſſes; put a bit of Lemon-peel in the Bag.

To make Calf's-foot Jelly.

TO four Calf's-feet take a gallon of fair Water, cut them in pieces, and put them in a Pipkin cloſe covered, and boil them ſoftly till almoſt half be conſumed; then run it through a Sieve, and let it ſtand till 'tis cold; then with a Knife take off the Fat, and top and bottom, and the fine part of the Jelly melt in a Preſerving-pan or Skillet, and put in a pint of Rheniſh-wine, the Juice of four or five Lemons, double-refin'd Sugar to your Taſte, the whites of eight Eggs beaten to a froth; ſtir and boil all theſe together near half an hour; then ſtrain it through a Sieve into a Jelly-bag; put into your Jelly-bag a Sprig of Roſemary, and a piece of Lemon-peel; paſs it through the Bag till 'tis as clear as Water. You may cut ſome Lemon-peel like Threads, and put in half the Glaſſes.

To make whipt Cream.

TAKE a quart of thick Cream, and the whites of eight Eggs beaten with half a pint of Sack;

Sack; mix it together, and ſweeten it to your Taſte with double-refin'd Sugar: You may perfume it if you pleaſe with ſome Musk or Ambergreeſe tied in a Rag, and ſteeped a little in the Cream; whip it up with a Whisk, and a bit of Lemon-peel tied in the middle of the Whisk; take the Froth with a Spoon, and lay it in your Glaſſes or Baſons.

To make whipt Syllabubs.

TAKE a quart of Cream, not too thick, and a pint of Sack, and the Juice of two Lemons; ſweeten it to your Palate, and put it into a broad earthen Pan, and with a Whisk whip it, and as the Froth riſes, take it off with a ſpoon, and lay it in your Syllabub-glaſſes; but firſt you muſt ſweeten ſome Claret or Sack, or White-wine, and ſtrain it, and put ſeven or eight ſpoonfuls of the Wine into your Glaſſes, and then gently lay in your Froth. Set them by. Do not make them long before you uſe them.

To make a freſh Cheeſe.

TAKE a quart of Cream, and ſet it over the fire till it is ready to boil, then beat nine Eggs, yolks and whites very well; when you are beating them, put to them as much Salt as will lie on a ſmall Knife's point; put them to the Cream, and ſome Nutmeg quartered, and tied up in a Rag; ſo let them boil till the Whey is clear; then take it off the fire, and put it in a Pan, and gather it as you do Cheeſe; then put it in a Cloth, and drain it between two; then put it in a Stone Mortar, and grind it, and ſeaſon it with a little Sack, and Orange-flower-water and Sugar, and then put it in a little earthen Colander, and let it ſtand two hours to drain out the Whey; then put it in the middle of a *China* Diſh, and pour thick Cream about it: ſo ſerve it to the Table.

To make Almond Butter.

TAKE a pound of the beſt *Jordan* Almonds, blanched in cold Water, and as you blanch them, throw them into fair Water; then beat them in a Marble Mortar very fine, with ſome Roſe or Orange-flower-water, to keep them from oiling; then take a pound of Butter out of the Churn before 'tis ſalted, but it muſt be very well waſhed; and mix it with your Almonds, with near a pound of double-refin'd Sugar beaten and ſifted; when 'tis very well mix'd, ſet it by to cool; when you are going to uſe it, put it into a Colander, and paſs it through with the back of a Spoon into the Diſh you ſerve it in. Hold your Hand high, and let it be heaped up.

To make Ribbon Jelly.

TAKE out the great Bones of four Calf's feet, and put the Feet into a Pot with ten quarts of Water, three ounces of Hart's-horn, three ounces of Iſing-glaſs, a Nutmeg quartered, four blades of Mace; then boil this till it comes to two quarts, and ſtrain it through a fine flannel Bag; let it ſtand twenty-four hours; then ſcrape off all the Fat from the top very clean; then heat it, and put to it the whites of ſix Eggs beaten to a froth; boil it a little, and ſtrain it again through a Flannel Bag; then run the Jelly into little high Glaſſes; run every Colour as thick as your Finger; one Colour muſt be thorough cold before you put another on, and that you run on muſt not be blood warm for fear it mixes together; you muſt colour red with Cochineel, green with Spinage, yellow with Saffron, blue with Syrup of Vickets, white with thick Cream, and ſometimes the Jelly by itſelf.

To make Cream of any preſerv'd Fruit.

TAKE half a pound of the Pulp of any preſerved Fruit, put it in a large Pan, put to it the whites of two or three Eggs; beat them together exceeding well for an hour; then with a Spoon take it off, and lay it heaped up high on the Diſh or Salver with other Creams, or put it in the middle Baſon: Raſpberries will not do this way.

To make a Snow Poſſet.

TAKE a quart of new Milk, and boil it with a ſtick of Cinamon and quartered Nutmeg; when the Milk is boiled, take out the Spice, and beat the yolks of ſixteen Eggs very well, and by degrees mix them in the Milk till 'tis thick; then beat the whites of the ſixteen Eggs with a little Sack and Sugar into a Snow; then take the Baſon you deſign to ſerve it up in, and put in it a pint of Sack; ſweeten it to your Taſte; ſet it over the fire, and let one take the Milk, and another the whites of Eggs, and ſo pour them together into the Sack in the Baſon: keep it ſtirring all the while 'tis over the fire; when 'tis thorough warm, take it off, cover it up, and let it ſtand a little before you uſe it.

To make a Jelly Poſſet.

TAKE twenty Eggs, leave out half the whites and beat them very well; put them into the Baſon you ſerve it in, with near a pint of Sack, and a little ſtrong Ale; ſweeten it to your Taſte, and ſet it over a Charcoal fire, keep it ſtirring all the while; then have in readineſs a quart of Milk or Cream boiled with a little Nutmeg and Cinamon, and when your Sack and Eggs is hot enough to ſcald your Lips, put the Milk to it boiling hot; then

then take it off the fire, and cover it up half an hour; ſtrew Sugar on the Brim of the Diſh, and ſerve it to the Table.

To make Flummery Caudle.

TAKE a pint of fine Oat-meal, and put to it two quarts of fair Water; let it ſtand all Night, in the Morning ſtir it, and ſtrain it into a Skillet, with three or four blades of Mace, and a Nutmeg quartered; ſet it on the fire, and keep it ſtirring, and let it boil a quarter of an hour; if it is too thick, put in more Water, and let it boil longer; then add a pint of Rheniſh or White-wine, three ſpoonfuls of Orange-flower-water, the Juice of two Lemons and one Orange, a bit of Butter, and and as much fine Sugar as will ſweeten it; let all theſe have a walm, and thicken it with the yolks of two or three Eggs. Drink it hot for a Breakfaſt.

To make Tea Caudle.

MAKE a quart of ſtrong green Tea, and pour it out into a Skillet, and ſet it over the fire; then beat the yolks of four Eggs, and mix with them a pint of White-wine, a grated Nutmeg, Sugar to your Taſte, and put all together; ſtir it over the fire till 'tis very hot, then drink it in China Diſhes as Caudle.

A fine Caudle.

TAKE a pint of Milk, turn it with Sack; then ſtrain it, and when 'tis cold, put it in a Skillet with Mace, Nutmeg, and ſome white Bread ſliced; let all theſe boil, and then beat the yolks of four or five Eggs, the whites of two, and thicken your Caudle, ſtirring it all one way for fear it curdle; let it warm together, then take it off and ſweeten it to your Taſte.

To

To make Hart's-horn or Calf's-foot Jelly without Lemons.

TAKE a pair of Calf's-feet, boil them with ſix quarts of fair Water to maſh; it will make three quarts of Jelly; then ſtrain it off, and let it ſtand till 'tis cold, take off the top, and ſave the middle, and melt it again and ſcum it; then take ſix whites of Eggs beaten to a froth, half a pint of Rheniſh-wine, and one Lemon juiced, and half a pound of fine powdered Sugar; ſtir all together, and let it boil, then take it off, and put to it as much Spirit of Vitriol as will ſharpen it to your Palate, about one penny-worth will do, let it not boil after the Vitriol is in; let your Jelly-bag be made of thick Flannel, then run it through till 'tis very clear; you may put the whites of the Eggs that ſwim at the top into the Bag firſt, and that will thicken the Bag.

To make Oatmeal Caudle.

TAKE two quarts of Ale, and one of ſtale Beer, and two quarts of Water; mix them all together, and add to it two handfuls of Pot-Oatmeal, twelve Cloves, five or ſix blades of Mace, and a Nutmeg quartered or bruiſed; ſet it over the Fire, and let it boil half an hour, ſtirring it all the while; then ſtrain it out through a Sieve, and put in near a pound of fine Sugar, and a bit of Lemon-peel; pour it into a Pan and cover it cloſe that it may not ſcum; warm it as you uſe it.

To make Salop.

TAKE a quart of Water, and let it boil a quarter of an hour; then put in a quarter of an ounce of Salop finely powdered, and let it boil half an hour longer, ſtirring it all the while; then ſeaſon it

with White-wine and Juice of Lemons, and ſweeten it to your Taſte; drink it in China Cups as Chocolate; tis a great Sweetner of the Blood.

Boil Sago till 'tis tender and jellies, a ſpoonful and half to a quart of Water; then ſeaſon it as you do your Salop, and drink it in Chocolate-Diſhes; or if you pleaſe, leave out the Wine and Lemon, and put in a pint of thick Cream and a ſtick of Cinamon, and thicken it up with two or three Eggs.

To make Lemon Syllabubs.

TAKE a quart of Cream, half a pound of Sugar, a pint of White-wine, the Juice of two or three Lemons, the Peel of one grated; mix all theſe, and put them in an earthen Pot, and Milk it up as faſt as you can till it is thick; then pour it into your Glaſſes, and let them ſtand five or ſix hours: You may make them over Night.

To make white Leach.

TAKE half a pound of Almonds, blanch and beat them with Roſe-water and a little Milk; then ſtrain it out, and put to it a piece of Iſinglaſs, and let it boil on a Chafing-diſh of Coals half an hour; then ſtrain it into a Baſon and ſweeten it, and put a grain of Musk in it, and let it boil a little longer, and put to it two or three Drops of Oil of Mace or Cinamon, and keep it till 'tis cold; eat it with Wine or Cream.

To make White-wine Cream.

TAKE a quart of Cream, ſet it on the Fire, and ſtir it till 'tis blood warm; then boil a pint of White-wine with Sugar till it is Syrup: So mingle the Wine and Cream together; put it in a China Baſon, and when 'tis cold ſerve it up.

To make Strawberry or Raſpberry Fool.

TAKE a pint of Raſpberries, ſqueeze and ſtrain the Juice with Orange-flower-water; put to the Juice five ounces of fine Sugar; then ſet a pint of Cream over the Fire, and let it boil up; then put in the Juice, give it one ſtir round, and then put it into your Baſon; ſtir it a little in the Baſon, and when 'tis cold uſe it.

To make Sack Cream.

TAKE a quart of thick Cream, and ſet it over the Fire, and when it boils take it off; put a piece of Lemon-peel in it, and ſweeten it very well; then take the China Baſon you ſerve it in, and put into the Baſon the Juice of half a Lemon, and nine ſpoonfuls of Sack; then ſtir in the Cream into the Baſon by a ſpoonful at a time, till all the Cream is in, when 'tis little more than blood-warm; ſet it by till next Day, ſerve it with Wafers round it.

To make Ratafia Bisket.

TAKE four ounces of bitter Almonds, blanch and beat them as fine as you can; in beating them, put in the whites of four Eggs, one at a time; then mix it up with ſifted Sugar to a light Paſte; roll them, and lay them on Wafer Paper, and on Tin-plates; make the Paſte ſo light that you may take it up with a Spoon. Bake them in a quick Oven.

To make Piſtachia Cream.

PEEL your Piſtachias, and beat them very fine, and boil them in Cream; if 'tis not green enough, add a little Juice of Spinage; thicken it with Eggs, and ſweeten to your Taſte; pour it in Baſons, and ſet it by till 'tis cold.

To

To make Hart's-horn Flummery.

TAKE three ounces of Hart's-horn, and put it to boil with two quarts of Spring-water; let it ſimmer over the fire ſix or ſeven hours till half the Water is conſumed, or elſe put it in a Jug, and ſet it in the Oven with Houſhold-bread; then ſtrain it through a Sieve, and beat half a pound of Almonds very fine, with ſome Orange-flower-water in the beating; and when they are beat, mix a little of your Jelly with it, and ſome fine Sugar, ſtrain it out, and mix it with your other Jelly; ſtir it together till 'tis little more than blood-warm; then pour it into half-pint Baſons, fill them but half full; when you uſe them, turn them out of the Diſh as you do Flummery; if it does not come out clean, hold the Baſon a minute or two in warm Water; eat it with Wine and Sugar.

Put ſix ounces of Hart's-horn in a glazed Jug, with a long Neck, and put in three pints of ſoft Water; cover the top of the Jug cloſe, and put a Weight on it to keep it ſteady; ſet it in a Pot or Kettle of Water twenty-four hours; let it not boil, but be ſcalding hot; then ſtrain it out and make your Jelly.

A Sack Poſſet without Eggs.

TAKE a quart of Cream or new Milk, and grate three Naples-biskets in it, and let them boil in the Cream; grate ſome Nutmeg in it, and ſweeten it to your Taſte; let it ſtand a little to cool, and then put half a pint of Sack a little warm in your Baſon, and pour your Cream to it, holding it up high in the pouring; let it ſtand a little, and ſerve it.

A Sack Poſſet without Cream or Eggs.

TAKE half a pound of *Jordan* Almonds, lay them all Night in Water, blanch and beat them in a Stone-Mortar very fine, with a pint of Orange-flower-water, or fair Water, a quart and half of Sugar, a two-penny Loaf of Bread grated: So let it boil till 'tis thick, continually ſtirring it, then warm half a pint of Sack, and put to it, ſtir it well together, and put a little Nutmeg and Cinamon in it.

To make a Poſſet with Ale: King William's *Poſſet.*

TAKE a quart of Cream, and mix with it a pint of Ale, then beat the yolks of ten Eggs, and the whites of four; when they are well beaten, put them to the Cream and Ale, ſweeten it to your Taſte, and ſlice ſome Nutmeg in it; ſet it over the Fire, and keep it ſtirring all the while; and when 'tis thick, and before it boils, take it off, and pour it into the Baſon you ſerve it in to the Table.

To make the Pope's Poſſet.

BLANCH and beat three quarters of a pound of Almonds ſo fine, that they will ſpread between your Fingers like Butter, put in Water as you beat them to keep them from oiling; then take a pint of Sack or Sherry, and ſweeten it very well with double-refin'd Sugar, make it boiling hot, and at the ſame time put half a pint of Water to your Almonds, and make them boil; then take both off the fire, and mix them very well together with a Spoon, ſerve it in a *China* Diſh.

To make very fine Syllibubs.

TAKE a quart and half a pint of Cream, a pint of Rheniſh, half a pint of Sack, three Lemons, near a pound of double-refin'd Sugar; beat and ſift the Sugar, and put it to your Cream, grate off the yellow Rind of your three Lemons, and put that in; ſqueeze the Juice of the three Lemons into your Wine, and put that to your Cream; then beat all together with a Whiſk, juſt half an hour; then take it up all together with a Spoon, and fill your Glaſſes: It will keep good nine or ten Days, and is beſt three or four days old. Theſe are called *The everlaſting Syllibubs.*

To make an Oatmeal Sack Poſſet.

TAKE a pint of Milk, and mix in it two ſpoonfuls of Flour of Oatmeal, and one of Sugar, put in a blade of Mace, and let it boil till the Rawneſs of the Oatmeal is gone off: In the mean time have in readineſs three ſpoonfuls of Sack, and three of Ale, and two of Sugar, ſet them over the Fire till ſcalding hot: then put them to your Milk, give one ſtir, and let it ſtand on the Fire a minute or two, and pour it in your Baſon; cover your Baſon with a Pye-plate, and let it ſtand a little to ſettle.

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Preſerves, Conſerves, *and* Syrups.

To preſerve Oranges whole.

TAKE the beſt *Bermudas* Oranges, and pare them with a Penknife very thin, and lay your Oranges in Water three or four days, ſhifting them every day; then put them in a Kettle with fair Water, and put a Board on them to keep them down in the Water, and have a Skillet on the Fire with Water, that may be in readineſs to ſupply the Kettle with boiling Water; as it waſtes it muſt be filled up three or four times while the Oranges are doing, for they will take up ſeven or eight hours in boiling; for they muſt be ſo tender that a Wheat-ſtraw may be thruſt through them; then take them up and ſcoop the Seeds out of them, making a little hole on the top; then weigh them, and to every pound of Orange, take a pound and three quarters of double-refin'd Sugar, finely beaten and ſifted; fill up your Oranges with Sugar, and ſtrew ſome on them, and let them lie a little while, then make your Jelly for them thus:

Take two dozen of Pippins, and ſlice them into Water, and when they are boiled tender, ſtrain the Liquor from the Pulp, and to every pound of Orange, you muſt have a pint and half of this Liquor, and put to it three quarters of the Sugar you left in filling the Oranges; ſet it on the fire, and let it boil and ſcum it well, and put it in a clean earthen Pan till 'tis cold; then put it in your Skillet, and put in your Oranges, and with a ſmall Bodkin job the Oranges as they are boiling to let

the Syrup into them; ſtrew on the reſt of your Sugar while they are boiling, and when they look clear, take them up, and put them in your Glaſſes, but one in a Glaſs, juſt fit for them, and boil the Syrup till 'tis almoſt a Jelly; then fill up your Oranges and Glaſſes; and when they are cold paper them up, and put them in your Stove.

To preſerve whole Quinces white.

TAKE the largeſt Quinces of the greeneſt colour, and ſcald them till they are pretty ſoft; then pare them and core them with a Scoop; then weigh your Quinces againſt ſo much double-refin'd Sugar, and make a Syrup of one half, and put in your Quinces, and boil them as faſt as you can; then you muſt have in readineſs Pippin Liquor; let it be very ſtrong of the Pippins, and when 'tis ſtrained out, put in the other half of your Sugar, and make it a Jelly, and when your Quinces are clear, put them into the Jelly, and let them ſimmer a little; they will be very white; ſo glaſs them up, and when they are cold, paper them and keep them in a Stove.

To preſerve Gooſeberries.

TAKE of the beſt *Dutch* Gooſeberrics before they are too ripe, ſtone them, and put them in a Skillet with ſo much fair Water as will cover them; ſet them on a Fire to ſcald, and when they are tender, take them out of the Liquor and peel off the outer Skin, as you do Codlins, and throw them into ſome double-refin'd Sugar, powdered and ſifted; put a handful more of Gooſeberries into that Water, and let them boil a little; then run the Liquor through a Sieve; take the weight of your peeled Gooſeberries in double-refin'd Sugar; break the Sugar in lumps, and wet the lumps in the Liquor that the Gooſeberries were ſcalded in, and put your Su-

gar in a Preſerving-pan over a clear Fire, and let it boil up, and ſcum it well; then put in your Gooſeberries, and let them boil till they look clear; then place them in your Glaſſes, and boil the Liquor a little longer, and pour it on your Gooſeberries in the Glaſſes; when they are cold paper them.

To preſerve Raſpberries in Jelly.

TAKE of the largeſt and beſt Raſpberries, and to a pound take a pound and quarter of Sugar made into a Syrup, and boiled candy-high; then put in the Raſpberries, and ſet them over a gentle fire, and as they boil ſhake them; and when the Sugar boils over them, take them off the fire, and ſcum them, and ſet them by a little; then ſet them on again, and have half a pint of Juice of Currants by you, and at ſeveral times put in a little as it boils; ſhake them often as they grow nearer to be enough, which you may know by ſetting ſome in a Spoon to try if it will jelly, for when they jelly they are enough; then lay them in your Glaſſes, and keep the Jelly to cover them; but before you put it to them, pick out all the Seeds, and let the Jelly cover them well.

To preſerve Apricocks.

TAKE your Apricocks, ſtone and pare them and take their weight in double-refin'd Sugar beaten and ſifted, and put your Apricocks in a Silver Cup or Tankard, and cover them over with the Sugar, and let them ſtand ſo all night; the next day put them in a Preſerving-pan, and ſet them on a gentle Fire, and let them ſimmer a little while; then let them boil till they are tender and clear, taking them off ſometimes to turn and ſcum; keep them under the Liquor as they are doing, and with a ſmall clean Bodkin, or great Needle, job them ſometimes that the Syrup may penetrate into

them; when they are enough take them up, and put them in Glaſſes. Boil and ſcum the Syrup, and when it is cold put it on your Apricocks.

To preſerve white Pear Plumbs.

TAKE Pear Plumbs when they are yellow, before they are too ripe; give them a ſlit in the Seam, and prick them behind; make your Water almoſt ſcalding hot, and put a little Sugar to it to ſweeten it, and put in your Plumbs and cover them cloſe; ſet them on the fire to coddle, and take them off ſometimes a little, and ſet them on again: take care they do not break; have in readineſs as much double-refin'd Sugar boiled to a height as will cover them, and when they are coddled pretty tender, take them out of that Liquor, and put them into your Peſerving-pan to your Syrup, which muſt be but blood-warm when your Plumbs go in. Let them boil till they are clear, ſcum them and take them off, and let them ſtand two hours; then ſet them on again and boil them, and when they are thoroughly preſerved, take them up and lay them in Glaſſes; boil your Syrup till 'tis thick; and when 'tis cold, put in your Plumbs; and a Month after, if your Syrup grows thin, you muſt boil it again, or make a fine Jelly of Pippins, and put on them. This way you may do the Pimordian Plumb, or any white Plumb, and when they are cold, paper them up.

To preſerve Damſons whole.

TAKE ſome Damſons, and cut them in pieces, and put them in a Skillet over the Fire with as much Water as will cover them; when they are boiled, and the Liquor pretty ſtrong ſtrain it out, add for every pound of your whole Damſons wiped clean, a pound of ſingle-refin'd Sugar; put the third part of the Sugar in the Liquor, and ſet it over the fire, and when it ſimmers, put in your

Damſons. Let them have one good Boil, and take them off for half an hour, covered up cloſe; then ſet them on again, and let them ſimmer over the fire, often turning them; then take them out and put them into a Baſon, and ſtrew all the Sugar that was left on them, and pour the hot Liquor over them, and cover them up, and let them ſtand till the next day; then boil them up again till they are enough; take them up, and put them in Pots; boil the Liquor till it jellies, and pour it on them when 'tis almoſt cold, ſo paper them up.

To parch Almonds.

TAKE a pound of Sugar, make it into a Syrup, and boil it candy-high; then put in three quarters of a pound of *Jordan* Almonds blanched; keep them ſtirring all the while till they are dry and criſp; then put them in a Box and keep them dry.

To dry Apricocks.

TAKE to a pound of Apricocks a pound of double-refin'd Sugar; then ſtone them and pare them, and put them into cold Water, and when they are all ready, put them into a Skillet of hot Water, and ſcald them till they are tender; then drain them very well from the Water, and put them into a Silver Baſon, and have in readineſs your Sugar boiled to Sugar again, and pour that Sugar over your Apricocks, and cover them with a Silver Plate, and let them ſtand all night; the next day ſet them over a gentle fire, and let them be ſcalding hot, turning them often; you muſt do them twice a day, till you ſee them begin to candy; then take them out and ſet them in your Stove or Glaſſes to dry, heating your Stove every day till they are dry.

To preſerve green Plumbs.

TAKE green Plumbs grown to their full bigneſs, but before they begin to ripen; let them be carefully gathered with their Stalks and Leaves, put them into cold Spring-water over a fire, and let them boil very gently; when they will peel take off the Skins; then put the Plumbs into other cold Water, and let them ſtand over a very gentle fire till they are ſoft; put two pounds of double-refin'd Sugar to every pound of Plumbs, and make the Sugar with ſome Water into a thick Syrup before the Plumbs are put in: the Stones of the Plumbs are not to be grown ſo hard, but that you may thruſt a Pin through them: After the ſame manner do green Apricocks.

To make Sugar Plates.

TAKE a pound of double-refin'd Sugar beaten and ſearced, and blanch and beat ſome Almonds and mix with it, and beat them together in a Mortar, with Gum-dragant diſſolved in Roſe-water, till 'tis a Paſte; roll it out and ſtrew Sugar on the Papers or Plate, and bake it after Manchet; gild it if you pleaſe, and ſerve Sweetmeats on it.

To clear Sugar.

TAKE two or three whites of Eggs, and put them into a Baſon of Water, and with a very clean hand lather that as you do Soap; take nothing but the Froth, and when your Syrup boils, with a Ladle cover it with it; do this till your Syrup is clear, making ſtill more Froth, and covering the Syrup with it; it will make the worſt Sugar as clear as any, and fit to preſerve any Fruit.

To preſerve green Plumbs.

THE Plumbs that will be greeneſt are the white Plumbs that are ripe in Wheat Harveſt; gather them about the middle of *July* whilſt they are green; when gathered, lay them in Water twelve hours; then ſcald them in two ſeveral Waters, let not the firſt be too hot, but the ſecond muſt boil before you put the Plumbs in, and when they begin to ſhrivel, peel off the Skin as you do Codlins, keep them whole, and let a third Water be made hot, and when it boils, put in your Plumbs, and give them two or three walms; then take them off the fire and cover them cloſe for half a quarter of an hour, till you perceive them to look greeniſh and tender; then take them out and weigh them with double-refin'd Sugar, equal Weight; wet a quarter of a pound of your Sugar in four ſpoonfuls of Water; ſet it on the fire, and when it begins to boil, take it off, and put in your Plumbs one by one, and ſtrew the reſt of your Sugar upon them, only ſaving a little to put in with your Perfume, Musk or Ambergreaſe, which muſt be put in a little before they are done: Let them boil ſoftly on a moderate Fire half an hour or more till they are green and the Syrup thickiſh; put your Plumbs in a Pot or Glaſſes; let the Syrup have two or three walms more and put it to them, when they are cold paper them up.

To preſerve black Pear Plumbs, or any Black Plumb.

TAKE a pound of Plumbs, give them a little ſlit in the Seam; then take ſome of your worſt Plumbs, and put them in a Gallipot cloſe covered, and ſet them in a Pot of boiling Water, and as they yield Liquor ſtill pour it out. To a pint of this Liquor, take a pound and quarter of Sugar; put them together, and give them a boil and a ſcum, after

after which take it off to cool a little; then take your pound of Plumbs and as you put them in, give every one of them a prick or two with a Needle, ſo ſet them again on a ſoft Fire a pretty while; then take them off, and let them ſtand till the next Day, that they may drink up the Syrup without breaking the Skin; the next Day warm them again once or twice, till you ſee the Syrup grow thick, and the Plumbs look of the right black, ſtill ſcumming them, and when they will endure a boil, give them two or three walms, and ſcum them well, and put them in your Glaſſes. Be ſure you keep ſome of the Syrup in a Glaſs, that when your Plumbs are ſettled and co'd, you may cover them with it. The next Day paper them up, and keep them for uſe.

To make white Jelly of Quinces.

PARE your Quinces, and cut them in halves; then core them and parboil your Quinces; when they are ſoft, take them up, and cruſh them through a Strainer, but not too hard, only the clear Juice. Take the weight of the Juice in fine Sugar; boil the Sugar candy-height, and put in your Juice, and let it ſcald a while, but not boil; and if any Froth ariſe, ſcum it off, and when you take it up, have ready a white preſerved Quince cut in ſmall ſlices, and lay them in the bottom of your Glaſſes, and pour your Jelly to them, it will candy on the top and keep moiſt on the bottom a long time.

To make clear Cakes of the Jelly of any Fruit.

TO half a pound of Jelly, take ſix ounces of Sugar; wet your Sugar with a little Water, and boil it candy-height; then put in your Jelly; let it boil very faſt till it jelly; then put it into Glaſſes, and when 'tis dried enough on one ſide, turn it into Glaſs Plates. Set them in a Stove to dry leiſurely;

ſurely; let your Stove be hot againſt your Cakes be turned.

To make clear Cakes of any Fruit.

TAKE your Gooſeberries, or other Fruit, and put them in an earthen Pot ſtopt very cloſe, and put them in a Kettle of Water, and let them boil till they break; then take them out, and run them through a Cloth; take the weight of the Liquor in Sugar; boil the Sugar candy-height; then put in your Juice, and let it ſtand over a few Embers to dry till 'tis thick like Jelly; if you fear it will change colour, put in three or four drops of Juice of Lemon; pour it out into clear Cake Glaſſes, and dry them with a little Fire.

To make brown Sugar.

TAKE Gum-arabick, and diſſolve it in Water till 'tis pretty thick; then take as much double-refin'd Sugar finely ſifted and perfumed as will make the Gum into a ſtiff Paſte; roll it out like Jumballs, and ſet it in an Oven exactly heated, that it may raiſe them and not boil; for if it boils 'tis ſpoiled; you may colour ſome of them.

To make Paſtils.

TAKE double-refin'd Sugar beaten and ſifted as fine as Flour; perfume it with Musk and Ambergreaſe; then have ready ſteeped ſome Gum-arabick in Orange-flower-water, and with that make the Sugar into a ſtiff Paſte; drop into ſome of it three or four drops of Oil of Mint, or Oil of Cloves, or Oil of Cinamon, or what Oil you like, and let ſome only have the Perfume; then roll them up in your Hand like little Pellets, and ſqueeze them flat with a Seal. Dry them in the Sun.

To fricaſy Almonds.

TAKE a pound of *Jordan* Almonds; do not blanch them, or but one half of them; beat the white of an Egg very well, and pour it on your Almonds, and wet them all over; then take half a pound of double-refin'd Sugar, and boil it to Sugar again; and put your Almonds in, and ſtir them till as much Sugar hangs on them as will; then ſet them on Plates, and put them into the Oven to dry after Bread is drawn, and let them ſtay in all night. They will keep the Year round if you keep them dry, and are a pretty Sweetmeat.

To make Almond Cakes.

BOIL a pound of double-refin'd Sugar up to a thin Candy; then have in readineſs half a pound of Almonds blanched, and finely beaten with ſome Roſe or Orange-flower-water, the Juice of one Lemon, the Peels of two grated into the Juice, put all theſe together, ſtir them over a gentle fire till all the Sugar is well melted, but be ſure it does not boil after the Lemon is in; then put it into your clear Cake Glaſſes: Perfume them, and when they are a little dry, cut them into what ſhape you pleaſe.

To make Orange Cakes.

PARE your Oranges very thin, and take off the white Rinds in quarters; boil the white Rinds very tender, and when they are enough, take them up, and ſcrape the Black off, and ſqueeze them between two Trenchers; beat them in a ſtone Mortar to a fine Pulp with a little Sugar, pick the Meat out of the Oranges from the Skins and Seeds, and mix the Pulp and Meat together, and take the weight and half of Sugar; boil the Sugar to a candy-

candy-height, and put in the Oranges, ſtir them well together, and when 'tis cold, drop 'em on a Pye-plate, and ſet them in a Stove. You may perfume them. To the Rinds of ſix Oranges put the Meat of nine Lemons. Cakes are made the ſame way, only as many Rinds as Meat, and twice the weight of Sugar.

To make March-pane unboiled.

TAKE a pound of Almonds, blanch them and beat them in Roſe-water; when they are finely beaten, put to them half a pound of Sugar, beat and ſearced, and work it to a Paſte; ſpread ſome on Wafers, and dry it in the Oven; when 'tis cold, have ready the white of an Egg beaten with Roſe-water and double-refin'd Sugar. Let it be as thick as Butter, then draw your March-pane thro' it, and put it in the Oven: It will ice in a little time, then keep them for uſe.

If you have a mind to have your March-pane large, cut it when 'tis rolled out by a Pewter-plate, and edge it about the top like a Tart, and bottom with Wafer-paper, and ſet it in the Oven, and ice it as aforeſaid; when the Icing riſes, take it out and ſtrew coloured Comfits on it, or ſerve Sweetmeats on it.

To preſerve Cherries.

PICK and ſtone your Cherries, and weigh them, and take their weight in ſingle-refin'd Sugar beaten fine, mix three parts of the Sugar with Juice of Currants, and put it in your Preſerving-pan, and give it a boil and a ſcum, and then put in your Cherries; let them boil very faſt, now and then ſtrewing in ſome of the Sugar that was left till all is in, ſcum it well, and when they are enough, which you may know by trying ſome in a Spoon, and when it jellies, take it off, and fill your Glaſſes, and when they are cold, paper them up. *To*

To preſerve Currants in Jelly.

TAKE your Currants and ſtrip them, and put them in an earthen Pot; tie them cloſe down, and ſet them in a kettle of boiling Water, and let them ſtand three hours, keeping the Water boiling; then take a clean flaxen Cloth, and ſtrain out the Juice, and when it has ſettled, take a pound of double-refin'd Sugar, beaten and ſifted, and put to a pint of the clear Juice: Have in readineſs ſome whole Currants ſtoned, and when the Juice boils, put in your Currants, and boil them till your Syrup jellies, which you may know by taking up ſome in a Spoon; then put it in your Glaſſes. This way make Jelly of Currants, only leaving out the whole Currants; when it is cold, paper them up.

To preſerve Barberries.

TAKE the largeſt Barberries you can get, and ſtone them, and to every pound of Barberries take three pounds of Sugar, and boil it till 'tis candy-high; then put in the Barberries, and let them boil till the Sugar boils over them all; then take them off, ſcum them, and ſet them on again, and give them another boil, and put them in an earthen Pan, cover them with Paper, and ſet them by till the next Day; then put them in Pots, and pour the Syrup over them; cover them with Paper, and keep them in a Stove. If the Syrup grows thin, you may make a little Jelly of Pippins, and put them in when 'tis ready, and give them one walm, and pour them again into Glaſſes.

To preſerve whole Pippins.

TAKE *Kentiſh* Pippins, or Apple-Johns, pare them, and ſlice them into fair Water; ſet them

them on a clear fire, and when they are boiled to maſh, let the Liquor run through a Hair Sieve. Boil as many Apples thus, till you have the quantity of Liquor you would have. To a pint of this Liquor you muſt have a pound of double-refin'd Sugar in great Lumps; wet the Lumps of Sugar with the Pippin Liquor, and ſet it over a gentle fire, and let it boil, and ſcum it well, and while you are making the Jelly, you muſt have your whole Pippins boiling at the ſame time; they muſt be the faireſt and beſt Pippins you can get; ſcoop out the Cores, and pare them neatly, and put them into fair Water as you do them. You muſt likewiſe make a Syrup ready to put them into the quantity as you think will boil them in clear; you muſt make that Syrup with double-refin'd Sugar and Water: tie up your whole Pippins in a piece of fine Muſlin ſeverally, and when your Sugar and Water boils put them in; let them boil very faſt, ſo faſt that the Syrup always boils over them; ſometimes take them off, and then ſet them on again, and let them boil till they are clear and tender; then take off the Tiffney or Muſlin they were tied up in, and put them into Glaſſes that will hold but one in a Glaſs; then ſee if your Jelly of Apple-Johns be boiled to Jelly enough; if it be, ſqueeze in the Juice of two Lemons, and put Muſk and Ambergreaſe in a Rag, and let it have a boil; then ſtrain it through a Jelly-bag into the Glaſſes your Pippins were in: You muſt be ſure to drain your Pippins well from the Syrup they were boiled in; before you put them in your Glaſſes, you may, if you pleaſe, boil Lemon-peel in little pieces in Water till they are tender, and then boil them in the Syrup your Pippins were boiled in; then take them out, and lay them about the Pippins before the Jelly is put in; when they are cold, paper them up.

To make Pippin Jelly.

TAKE fifteen Pippins, pared, cored and ſliced, and put them into a pint and half of Water, and let them boil till they are tender; then put them in a Strainer, and let the thin run from them, as much as it will; and to a pint of Liquor, take a pound of double-refin'd Sugar, wet your Sugar, and boil it to Sugar again; then cut ſome Chips of candied Orange or Lemon-peel, and cut it as fine as Threads, and put it into your Sugar, and then your Liquor, and let it boil till 'tis a Jelly, which will be quickly; you may perfume it with Ambergreaſe if you pleaſe; pour the Jelly into ſhallow Glaſſes: When 'tis cold, paper it up, and keep it in your Stove.

To candy Angelica.

TAKE Angelica that is young, and cut it in fit Lengths, and boil it till it is pretty tender, keeping it cloſe covered; then take it up and peel off all the Strings; then put it in again, and let it ſimmer and ſcald till 'tis very green; then take it up and dry it in a Cloth, and weigh it, and to every pound of Angelica take a pound of double-refin'd Sugar beaten and ſifted; put your Angelica in an earthen Pan, and ſtrew the Sugar over it, and let it ſtand two Days; then boil it till it looks very clear, put it in a Colandar to drain the Syrup from it, and take a little double-refin'd Sugar and boil it to Sugar again; then throw in your Angelica, and take it out in a little time, and put it on glaſs Plates. It will dry in your Stove, or in an Oven after Pyes are drawn.

To make Jelly of white Currants.

TAKE your largeſt Currants, and ſtrip them into a Baſon, and bruiſe and ſtrain them, and

to

to every pint of Juice a pound of double-refin'd Sugar: juſt wet your Sugar with a little fair Water, and ſet it on a ſlow Fire till it melts; then make it boil, and at the ſame time let your Juice boil in another thing; ſcum them both very well, and when they have boiled a pretty while, take off your Sugar and ſtrain the Juice into it through a Muſlin; then ſet it on the Fire, and let it boil, and if you pleaſe, you may ſtone ſome white Currants and put them in, and let them boil till they are clear; have a care you do not boil them too high; let them ſtand a while, then put them in Glaſſes.

If you would make clear Cakes of white Currants, boil the Juice juſt as this is; but this obſerve, that when you put your Juice and Sugar together, they muſt ſtand but ſo long on the Fire, till they are warm and well mixed; they muſt not boil together; and when 'tis cold put it in flat Glaſſes; and into your Stove to dry them; turn them often.

To make white Marmalade.

TAKE your Quinces and ſcald them, and pare them, and ſcrape the Pulp clean from the Cores, and to every pound of Pulp put a pound of double-refin'd Sugar; put a little Water to your Sugar to diſſolve it, and boil it candy-high; then put in the Quince Pulp, and ſet it on the Fire till it comes to a Body; let it boil very faſt, when 'tis enough put it in Gallipots.

To make red Quince Marmalade.

PARE, core and quarter your Quinces, then weigh them, and to a pound of Quince allow a pound of ſingle-refin'd Sugar beaten ſmall; and to every pound of Quince a pint of Liquor; make your Liquor thus: Put your parings and cores, and three or four Quinces cut in pieces, into a large Skillet, with Water proportionable to the quantity

of Quinces you do; cover it, and ſet it over the fire; and let it boil two or three hours, then put in a quart of Barberries, and let them boil an hour, and ſtrain all out; then put your Quince, and Liquor, and a quarter of your Sugar, into a Skillet or large Preſerving-pan, and let them boil together over a gentle fire, cover it cloſe, and take care it does not burn; ſtrew in the reſt of your Sugar by degrees, and ſtir it often from the Bottom, but do not break the Quince till 'tis near enough: then break it in lumps as ſmall as you like it; when 'tis of a good Colour and very tender, try ſome in a Spoon, if it jellies 'tis enough; then take it off, and put it in Gallipots; when 'tis cold, paper it up.

To make Marmalade of Cherries.

TAKE four pounds of Cherries, ſtone them, and put them in a Preſerving-Pan, with a quart of Juice of Currants; ſet them on a Charcoal fire, and let the fire dry away moſt of the Juice; break or maſh them, and boil three pounds of Sugar candy-high, and put the Cherries to it, and ſet it on the fire again, and boil it till it comes to a Body; ſo put it in Glaſſes, and when 'tis cold paper it up.

To make a Paſte of green Pippins.

TAKE Pippins and ſcald them, and peel them, till they are green; when you have peeled them, have freſh warm Water ready to put them into, and cover them cloſe, and keep them warm till they are very green; then take the Pulp of them, but none of the Core, and beat it in a Mortar, and paſs it through a Colander; and to a pound of the Pulp put a pound and one ounce of double-refin'd Sugar; boil your Sugar till it will ball between your Fingers; put in your Pulp, and take it off the fire to mix it well together, ſet it on the fire again, and boil it till 'tis enough; which you

you may know by dropping a little on a Plate, and then put it in what Form you pleaſe: Duſt it with Sugar, and ſet it in the Stove to dry; turn it, and duſt the other ſide.

To make white Quince Paſte.

SCALD the Quinces tender to the Core, and pare them, and ſcrape the Pulp clean from the Core, beat it in a Mortar, and pulp it through a Colander; take to a pound of Pulp a pound and two ounces of Sugar, boil the Sugar till 'tis candy-high; then put in your Pulp, ſtir it about conſtantly till you ſee it come clear from the bottom of the Preſerving-pan; then take it off, and lay it on Plates pretty thin: You may cut it in what Shape you pleaſe, or make Quince Chips of it; you muſt duſt it with Sugar when you put it into the Stove, and turn it on Papers in a Sieve, and duſt the other ſide; when they are dry, put them in Boxes with Papers between. You may make red Quince Paſte the ſame way as this, only colour the Quince with Cochineel.

To dry Pears or Apples.

TAKE poppering Pears, and thruſt a piked Stick into the Head of them beyond the Core, then ſcald them, but not too tender; then pare them the long way; put them in Water, and take the weight of them in Sugar, and clarify it with Water, a pint of Water to a pound of Sugar, ſtrain the Syrup, and put in the Pears; ſet them on the fire, and boil them pretty faſt for half an hour; cover them with Paper, and ſet them by till the next day; then boil them again, and ſet them by till the next day; then take them out of the Syrup, and boil it till 'tis thick and ropy; then put the Pears in your Preſerving-pan, and put the Syrup to them, and if it will not cover them, add ſome

Sugar to them, ſet them over the fire and let them boil up; then cover them with Paper, and ſet 'em in a Stove twenty-four hours; then take 'em out, and lay them on Sieves to dry; then lay them on Plates, and duſt them with Sugar, and ſet them into your Stove to dry; and when one ſide is dry, lay them on Papers, and turn them, and duſt the other ſide with Sugar; ſqueeze the Pears flat by degrees; if 'tis Apples ſqueeze the Eye to the Stalk; when they are quite dry put them in Boxes with Papers between.

To dry Pears or Pippins without Sugar.

TAKE your Pears or Apples and wipe them clean, and take a Bodkin and run it in at the Head, and out at the Stalk, and put them in a flat earthen Pot, and bake them, but not too much; you muſt put a quart of ſtrong new Ale to half a peck of Pears, tie white Papers over the Pot, that they may not be ſcorched in baking, and when they are baked let them ſtand to be cold; and take them out to drain, ſqueeze the Pears flat, and the Apples the Eye to the Stalk, and lay them on Sieves with wide holes to dry, either in a Stove, or an Oven that is not too hot.

To candy any ſort of Flower.

TAKE your Flowers, and pick them from the white part; then take fine Sugar and boil it candy-high; boil as much as you think will receive the quantity of Flowers you do; then put in the Flowers, and ſtir them about till you perceive the Sugar to candy well about them; then take them off from the fire, and keep them ſtirring till they are cold in the Pan you candied them in; then ſift the looſe Sugar from them; and keep them in Boxes very dry.

To candy Orange Flowers.

TAKE half a pound of double-refin'd Sugar finely beaten, wet it with Orange-flower Water, then boil it candy-high, then put in a handful of Orange-flowers, keeping it ſtirring, but let it not boil, and when the Sugar candies about them, take it off the fire, drop it on a Plate, and ſet it by till 'tis cold.

To make Syrup of any Flower.

CLIP your Flowers, and take their weight in Sugar; then take a high Gallipot, and put a row of Flowers, and a ſtrowing of Sugar, till the Pot is full; then put in two or three ſpoonfuls of the ſame Syrup or ſtill'd Water; tie a Cloth on the top of the Pot, and put a Tile on that, and ſet your Gallipot in a kettle of Water over a gentle fire, and let it infuſe till the ſtrength is out of the Flowers, which will be in four or five hours; then ſtrain it thro' a Flannel, and when 'tis cold bottle it up.

To candy any ſort of Fruit.

AFTER you have preſerved your Fruit, dip them ſuddenly into warm Water to take off the Syrup; then ſift on them double-refin'd Sugar till they look white; then ſet them on a Sieve in a warm Oven, taking them out to turn two or three times; let them not be cold till they be dry, and they will look clear as Diamonds. So keep them dry.

Another way to preſerve Oranges.

TAKE right Sevil Oranges, the thickeſt rinded you can get, lay them in Water, changing the Water twice a-day for two days; then rub 'em well with Salt, and waſh them well afterwards, and

put them in Water, changing the Water twice a-day for two days more; then put them in a large Pot of Water to boil, having another Pot of boiling Water ready to throw them into, as the other grows bitter; change them often till they are tender; then take them up in a Linnen Cloth, and a Woollen over it to keep them hot; take out one at a time, and make a little hole at the top, and pick out the Seeds, but do not break the Meat; pare them as thin as you can with a ſharp Penknife; take to a pound of Oranges before they are opened, a pound of double-refin'd Sugar, and a pint of fair Water; boil it and ſcum it, and let it be ready when you pare them to throw them into, and when they are all pared, ſet them on the fire, cover them cloſe, and keep them boiling as faſt as they can boil, till they look clear; then take them up into a deep Gallipot with the holes upward, fill them with Syrup, and when they are almoſt cold, pour the reſt of the Syrup over them; let them ſtand a Fortnight or three Weeks in that Syrup; then make a Jelly of Pippins, and when 'tis almoſt ready, take your Oranges out of the Gallipot, and pour all the Syrup out of them, and put them into the Jelly, and let them have a boil or two, then put them into your Glaſſes, and when they are near cold, fill 'em with Jelly, the next day paper them.

To preſerve Gooſeberries in Hops.

TAKE the largeſt *Dutch* Gooſeberries, and with a Knife cut them a-croſs at the Head and half way down, and with a Bodkin put out the Seeds clean, and do not break them; then take fine long Thorns, ſcrape them, and then put on your Gooſeberries, putting the Leaf of the one to the Cut of the other, and ſo till your Thorn is full; and when they are full, put them into a new Pipkin with a cloſe cover, and cover them with Water, and let 'em ſtand ſcalding till they are green; them take them

up, and lay them upon a Sieve to drain from the Water; be ſure they do not boil in the greening, for if they have but one walm they are ſpoiled, and while they are greening make a Syrup for them. Take whole green Gooſeberries and boil them in Water till they all break, then ſtrain the Water thro' a Sieve, and weigh your Hops, and to a pound of Hops put a pound and half of double-refin'd Sugar, put the Sugar and Hops into the Liquor, and boil them open till they are clear and green; then take them up and lay them upon Pye-plates, and boil your Syrup longer; lay your Hops in a pretty deep Gallipot, and when the Syrup is cold, pour it on them; cover them with Paper, and keep them in a Stove.

To preſerve Gooſeberries whole, without ſtoning.

TAKE the largeſt preſerving Gooſeberries and pick off the black Eye, but not the Stalk; then ſet them over the fire in a pot of Water to ſcald, cover them very cloſe, and let them ſcald, but not boil or break; and when they are tender, take them up into cold Water; then take a pound and half of double-refin'd Sugar to a pound of Gooſeberries, clarify the Sugar with Water, a pint to a pound of Sugar, and when the Syrup is cold, put your Gooſeberries ſingle into your Preſerving-pan, and put the Syrup to them, and ſet them on a gentle fire and let them boil, but not too faſt, leſt they break, and when they are boiled, and you perceive the Sugar has enter'd them, take them off, cover them with white Paper, and ſet them by till the next day; then take them out of the Syrup, and boil the Syrup till it begins to be ropy, ſcum it, and put it to them again, and ſet them on a gentle Fire, and let them preſerve gently, till you perceive the Syrup will rope; then take them off and ſet them by till they are cold, covering them with Paper; then boil ſome

Gooſeberries in fair Water, and when the Liquor is ſtrong enough ſtrain it out, let it ſtand to ſettle; and to every pint take a pound of double-refin'd Sugar and make a Jelly of it, and put the Gooſeberries in Glaſſes, and when they are cold cover them with the Jelly; the next day paper them; wet, and then half dry the Paper that goes in the inſide, it cloſes down better, and then put on other Papers, and put them in your Stove.

To make Conſerve of Red-Roſes, or any other Flowers.

TAKE Roſe-buds, and pick them, and cut off the white part from the red, and put the red Flowers, and ſift them through a Sieve to take out the Seeds; then weigh them, and to every pound of Flowers take two pound and a half of Loaf-ſugar, beat the Flowers pretty fine in a Stone Mortar; then by degrees put the Sugar to them, and beat it very well till 'tis well incorporated together; then put it into Gallipots, and tie it over with Paper, and over that Leather, and it will keep ſeven Years.

To ſtew Apples.

TAKE to a quart of Water a pound of double-refin'd Sugar beaten fine, boil and ſcum it, and put into it a pound of the largeſt and cleareſt Pippins, pared, and cut in halves and cored. Let them boil, covered with a continual Froth till they be as tender and clear as you would have them; then put in the Juice of two Lemons, and a little Peel cut like Threads. Let them have five or ſix walms after the Lemon is in; then put them in the *China* Diſh or Salver you ſerve them in; they ſhould be done two hours before uſed.

To dry Plumbs or Apricocks.

TAKE your Plumbs or Apricocks and weigh them; and to every pound of Fruit allow a pound of double-refin'd Sugar; then ſcald your Plumbs and ſtone them, and take off the Skins and lay your Plumbs on a dry Cloth; then juſt wet your Sugar and ſet it over the fire, and keep it ſtirring all one way till it boils to Sugar again; take that Sugar, and lay ſome in the bottom of your Preſerving-pan, and lay your Plumbs on it, and ſtrew the reſt of the Sugar on the Plumbs, and let it ſtand till 'tis melted; then heat it ſcalding hot twice a-day, but let it not boil; and when the Syrup is very thick, and candies about the Pan, then take them out of the Syrup, and lay them on Glaſſes to dry, and keep them continually warm, ſifting a little Sugar over them till they are almoſt dry; wet the Stones in the Syrup, and dry them with Sugar, and put them in at one end of the Plumb, and when they are thorough dry, keep them in Boxes, with Papers between.

To make Sugar of Roſes.

CLIP off all the whites from the red Roſe-buds, and dry the red in the Sun; and to one ounce of that finely powder'd, you muſt have one pound of Loaf-ſugar; wet the Sugar in Roſe-water; (but if in the Seaſon, Juice of Roſes) boil it to a candy-height; then put in your Powder of Roſes, and the Juice of a Lemon; mix it well together; then pour it on a Pye-plate, and cut it into Lozenges, or what form you pleaſe.

To preſerve ſmall Cucumbers green.

TAKE ſmall Cucumbers, boil them, but not very tender; when you take them out of the Water,

Water, make a hole thro' every one with a large Needle; then pare and weigh them, and to every pound allow a pound of Sugar, which make in a Syrup, with a pint of Water to every pound of Sugar; you muſt green them before you put them into the Sugar; then let them boil, keeping them cloſe covered; then put them by, and for three or four days boil them a little every day; put into the Syrup the Peel of a freſh Lemon. Then make a freſh Syrup with double-refin'd Sugar; you muſt have three quarters of a pound to a pound of Cucumbers, and a quarter of a pint of fair Water, the Juice of a Lemon, and a little Ambergreaſe boiled in it; ſo do them for uſe; paper them when cold.

To preſerve Mulberries whole.

SET ſome Mulberries over the fire in a Skillet, and draw from them a pint of Juice, when 'tis ſtrained. Then take three pounds of Sugar, beaten very fine; wet the Sugar with the pint of Juice; boil up your Sugar, and ſcum it, and put in two pounds of ripe Mulberries, and let them ſtand in the Syrup till they are thoroughly warm; then ſet them on the fire, and let them boil very gently; do them but half enough, ſo put them by in the Syrup till next day; then boil them gently again, and when the Syrup is pretty thick, and will ſtand in a round drop when 'tis cold, they are enough; ſo put all together in a Gallipot for uſe.

To make Roſe Drops.

THE Roſes and Sugar muſt be beat ſeparately into a very fine Powder, and both ſifted; to a pound of Sugar, an ounce of red Roſes; they muſt be mixed together, and then wet with as much Juice of Lemon, as will make it into a ſtiff Paſte. Set it on a ſlow fire in a ſilver Porringer, and ſtir it well; and when 'tis ſcalding hot quite through, take

take it off, and drop it on Paper. Set them near the fire the next day; they'll come off.

To candy Flowers.

GAther your Flowers when dry; cut off the Leaves as far as the colour is good; according to your quantity, take of double-refin'd Sugar, and wet it with fair Water, and boil it to a candy height; then put in your Flowers, of what ſort you pleaſe, as Primroſes, Violets, Cowſlips, or Borage, with a Spoon; take them out as quick as you can, with as little of the Syrup as may be, and lay them in a diſh over a gentle fire, and with a Knife ſpread them, that the Syrup may run from them; then change them upon another warm diſh, and when they are dry from the Syrup, have ready ſome double-refin'd Sugar, beaten and ſifted, and ſtrew ſome on your Flowers; then take the Flowers in your Hands, and rub them gently in the hollow of your Hand, and that will open the Leaves; a Stander-by ſtrewing more Sugar into your hand as you ſee convenient; ſo do till they are thoroughly open'd and dry; then put your Flowers into a dry Sieve, and ſift all the Sugar clean from them. They muſt be kept in a dry place. Roſemary Flowers muſt be put whole into your Syrup. Young Mint Leaves you muſt open with your Fingers; but all Bloſſoms rub with your Hand as directed.

To make Cakes of Flowers.

BOIL double-refin'd Sugar candy-high, and then ſtrew in your Flowers, and let them boil once up; then with your Hand lightly ſtrew in a little double-refin'd Sugar ſifted; and then as quick as may be, put it into your little Pans, made of Card, and pricked full of holes at bottom. You muſt ſet the Pans on a Pillow, or Cuſhion; when they are cold, take them out.

To make Wormwood Cakes.

TAKE one pound of double-refin'd Sugar ſifted; mix it with the whites of three or four Eggs well beat; into this drop as much chymical Oil of Wormwood as you pleaſe. So drop them on Paper; you may have ſome white, and ſome marble, with Specks of Colours, with the point of a Pin; keep your Colours ſeverally in little Gallipots. For red, take a dram of Cochineel, a little Cream of Tartar, as much of Allum; tye them up ſeverally in little bits of fine Cloth, and put them to ſteep in one Glaſs of Water two or three hours. When you uſe the Colour, preſs the Bags in the Water, and mix ſome of it with a little of the White of Egg and Sugar. Saffron colours yellow; and muſt be tied in a Cloth, as the red, and put in Water. Powder-blue, mix'd with the Saffron-water, makes a green; for Blue, mix ſome dry Powder-blue with ſome Water.

To candy Orange-Flowers.

TAKE Orange-flowers, that are ſtiff and freſh pick'd, and boil them in a good quantity of Spring-water in a Preſerving-pan, and when they are tender, take them out and drain them in a Sieve, and lay them between two Napkins till they be very dry. Take the weight of your Flowers in double-refin'd Sugar; if you have a pound, take half a pint of Water, and boil with the Sugar till it will ſtand in a drop; then take it off the fire, and when 'tis almoſt cold, put it to the Flowers, which muſt be in a ſilver Baſon; ſhake them very well together, and ſet them in a Stove, or in the Sun; and as they begin to candy, take them out, and put them on Glaſſes to dry; keeping them turning till they are dry.

A fine way to preſerve Raſpberries.

TAKE the Juice of red and white Raſpberries and Codlin Jelly; to a pint and half, two pound of double-refin'd Sugar; boil it and ſcum, and then put in three quarters of a pound of large pick'd Raſpberries; let them boil very faſt till they jelly, and are clear; don't take them off the Fire, that will make them hard, a quarter of an hour will do them when they begin to boil; then put your Raſpberries in the Glaſs firſt, and ſtrain the Seeds from the Jelly, and put it to them, and when they begin to cool, ſtir them gently, that they may not all lie on the top of the Glaſs, and when cold, lay Papers cloſe on them, firſt wet the Papers and dry them in a Cloth.

To make a ſtrong Apple Jelly.

LET your Water boil in the Pan you make it in, and when the Apples are pared and quartered, put them into your boiling Water; let there be no more Water than will juſt cover them, and let it boil as faſt as poſſible, and when the Apples are all to pieces, put in about a quart of Water more, and let it boil half an hour longer, then run it through a Jelly-bag, and uſe it as occaſion for any ſort of Sweetmeat; in the Summer Codlins are beſt, in the Winter Golden Runnets or Winter Pippins.

To preſerve Raſpberries whole.

TAKE the full weight of your Raſpberries in double-refin'd Sugar, beaten and ſifted; lay your Raſpberries ſingle in the bottom of your Preſerving-pan, and put all your Sugar over them; ſet them on a ſlow fire, till there is ſome Syrup in the bottom of the Pan; then ſet them on a quick Fire till all the Sugar be thoroughly melted, give them

two or three walms, ſcum them, and take them up, and put them in Glaſſes.

To make Bisket.

TAKE the whites of four Eggs, the yolks of ten, beat them a quarter of an hour with four ſpoonfuls of Orange-flower-water; then add to it one pound of Loaf-ſugar beaten and ſifted; then beat them together an hour longer; then ſtir in half a pound of dry Flour, and the Peel of a Lemon grated off; mix it well together, then butter the Pans and fill them, ſearce ſome Sugar over them as you put them into the Oven; when they are riſen in the Oven, take them out and lay them on a clean Cloth, and when the Oven is pretty cool put them in again on Sieves, and let them ſtand till they are dry, and will ſnap in breaking.

To make Chocolate Almonds.

TAKE a pound of Chocolate finely grated, and a pound and half of the beſt Sugar finely ſifted; then ſoak Gum-dragant in Orange-flower-water, and work them into what form you pleaſe. The Paſte muſt be ſtiff, dry them in a Stove.

To make Lemon Puffs.

TAKE a pound and a quarter of double-refin'd Sugar beaten and ſifted, and grate the Rinds of two Lemons and mix well with the Sugar; then beat the whites of three new-laid Eggs very well, and mix it well with your Sugar and Lemon-peel; beat them together an hour and quarter, then make it up in what form you pleaſe; be quick to ſet them in a moderate Oven, don't take them off the Papers till cold.

To preſerve Oranges whole.

TAKE the beſt and largeſt Sevil Oranges, water them three days, ſhifting them twice a day, boiling them in a Copper with a great deal of Water till they be tender; they muſt be ty'd in a Cloth and kept under Water, the Water muſt boil before you put them in; then take to every pound of Orange a pound and half of double-refin'd Sugar, beaten and ſifted; then have in readineſs Apple-water made of John-Apples; take to every pint of that Water a pound of Sugar; then take a third part of the Sugar and put to the Water, boil it a while, and ſet it by to cool; then cut a little hole in the bottom of your Orange, and pick out all the Seeds, and fill them up with what Sugar is left; prick your Oranges all over with a Bodkin; then put them into your Syrup, boiling them ſo faſt that the Syrup may cover them; then put in your Sugar that is left. When the Syrup will jelly, and the Oranges look clear, they are enough; then glaſs them with the holes uppermoſt, and pour the Syrup upon 'em.

To make Almond Loaves.

BLANCH your Almonds in hot Water, and throw them into cold; then take their weight in double-refin'd Sugar finely ſearc'd, beat them together until they come to a Paſte; then make them up into little Loaves; then ice them over with ſome white of Egg and Sugar; bake them on Paper: If you pleaſe yōu may throw your Almonds into Orange-flower-water inſtead of cold Water.

To make Lemon Biſket.

TAKE ſix yellow Rinds well beat, with a pound of double-refin'd Sugar, and whites of four

four Eggs, till come to a Paſte; lay them on Wafer-paper, ſo bake them on Tins.

To make Orange-Chips criſp.

PARE your Oranges very thin, leaving as little white on the Peel as poſſible, throw the Rinds into fair Water as you pare them off; then boil them therein very faſt till they are tender, ſtill filling up the Pan with boiling Water as it waſtes away; then make a thin Syrup with part of the Water they were boil'd in, and put the Rinds therein and juſt let them boil; then take them off, and let them lie in the Syrup three or four days; then boil them again till you find the Syrup begins to draw between your Fingers; then take them off from the Fire, and let them drain between a Colander; take out but a few at a time, becauſe if they cool too faſt, it will be difficult to get the Syrup from them, which muſt be done by paſſing every piece of Peel thro' your Fingers, and laying them ſingle on a Sieve with the Rind uppermoſt: The Sieves may be ſet in a Stove, or before the Fire, but in Summer the Sun is hot enough to dry them. Three pounds of Sugar will make Syrup to do the Peels of twenty-five Oranges.

To make Syrup of Orange-peel.

TO every pint of the Water in which the Orange-peels were ſteep'd, put a pound of Sugar, boil it, and when it has boil'd a little, ſqueeze in ſome Juice of Lemon, and make it more or leſs ſharp to your Taſte; filter the Lemon-juice thro' Cap-paper, as it boils ſcum it clear; and when boiled enough to keep, take it off the Fire, and when cold bottle it. When your Orange-peels are dried on one ſide, turn the other, and ſo do till they are criſp; bruſh the Sugar from them, then take a Cloth dipp'd in warm Water, and wipe off all that remains of Su-

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gar on the Rind ſide; then lay them on the Sieve again, and in an hour they will be dry enough to put into your Boxes to keep.

To make Orange Marmalade.

TAKE the beſt Sevil Oranges and weigh a pound of them, then pare off all the yellow Rind very thin, quarter the peel and put 'em in Water; cover 'em down cloſe, and ſhift the Water ſix or ſeven times as it boils to take the Bitterneſs out, and that they may look clear, and be tender; then take them out, dry them in a Cloth, take out all the Strings, and cut 'em thin as Pallets; then take a pound of double-refin'd Sugar beaten, and boil it with a little Water to a Candy height, ſcum it clean and put in your Peels; let them boil near half an Hour; have in readineſs your Orange-meat all pick'd from the Skins and Seeds, and the Juice of two large Lemons, and put it into the Peels, and boil all together a quarter of an hour longer; ſo glaſs it up, and paper it when cold.

To make Orange Cakes.

CUT your Oranges, pick out all your Meat and Juice free from the Strings and Seeds, and ſet it by; then boil it and ſhift the Water till your Peels are tender, dry them in a Cloth and mince them ſmall, and put them to the Juice; to a pound of that weigh a pound and half of double-refin'd Sugar; dip your Lumps of Sugar in Water and boil it to a Candy-height; take it off the Fire and put in your Juice and Peel, ſtir it well, and when 'tis almoſt cold put it in a Baſon and ſet it in a Stove; then lay it thin on earthen Plates to dry, and as it candies faſhion it with your Knife; and as they dry lay them on Glaſs; when your Plate is empty, put more out of your Baſon.

To make Lemon Cakes.

GRATE off the yellow Rind of your Lemon, and ſqueeze your Juice to that Peel; take two Apples to every Lemon, pare and core them, and boil them clear, then put them to your Lemon: to a pound of this put two pound of double-refin'd Sugar, then order it as the Orange.

To candy Orange-flowers.

TAKE Orange-flowers that are ſtiff and freſh, boil them in a good quantity of Spring-water in a Preſerving-pan, and when they are tender take them up, and drain them thro' a Sieve, and dry them between Napkins very dry; take the Weight in double-refin'd Sugar, and to a pound put half a pint of Water, boil it till it ſtands in a thick Drop, and when 'tis almoſt cold put it to your Flowers in a Silver or *China* Baſon; ſhake them well together, and ſet then in a Stove, or Sun, and when they begin to candy take them out, and lay them on Glaſſes to dry; ſift Sugar on them, and turn them every day till they are criſp.

To make clear Candy.

TAKE ſix ounces of Water and four ounces of fine Sugar ſearc'd, ſet it on a ſlow Fire to melt without ſtirring, let it boil till it comes to a ſtrong Candy; then have ready your Peel or Fruit ſcalded hot in the Syrup they were kept in, drain them very well from it, and put them into your Candy, which you muſt rub on the ſides of your Baſon with the back of your Spoon till you ſee the Candy pretty white; take out the Fruit with a Fork, touch it not with your Fingers: if right, the Candy will ſhine on your Fruit, and dry in three

three or four hours in an indifferent hot Stove: Lay your Fruit on Sieves.

To keep Fruit in Syrup to candy.

IF you candy Orange or Lemon-peels, you muſt firſt rub them with Salt; then cut in what Faſhion you pleaſe, and keep them in Water two days; then boil them tender, ſhifting the Water you boil them in two or three times; you muſt have a Syrup ready, a pint of Water to a pound of Sugar, ſcald your Peels in it till they look clear. Fruit is done the ſame way, but not boil'd till you put them in your Syrup; you muſt heat your Syrup once a Week, taking out your Fruit, and put them in again while the Syrup is hot; they will keep all the Year.

To dry Apricocks like Prunello's.

TAKE a pound of Apricoks, being cut in halves or Quarters, let them boil till they be very tender in a thin Syrup, let them ſtand a day or two in the Stove; then take them out of the Syrup, and lay them drying till they be as dry as Prunello's, then box them: You may make your Syrup red with the Juice of red Plums; if you pleaſe you may pare them.

To preſerve green Cucumbers.

TAKE Gerkins, rub them clean, then green them in hot Water; then take their Weight in double-refin'd Sugar, boil it to a thick Syrup with a quarter of a pint of Spring-water to every pound of Sugar; then put in your Cucumbers and ſet them over the Fire, but not to boil faſt; ſo do two or three days. The laſt day boil them till they are tender and clear, ſo glaſs them up.

To make clear Cakes of Gooſeberries.

TAKE your white *Dutch* Gooſeberries when they are thorough ripe, break them with your Fingers and ſqueeze out all the Pulp into a fine piece of Cambrick or thick Muſlin to run thro' clear; then weigh the Juice and Sugar one againſt the other; then boil the Juice a little while, then put in your Sugar and let it diſſolve, but not boil; ſcum it and put it into Glaſſes, and ſtove it in a warm Stove.

Another way to make Orange Marmalade.

RASP your Oranges, cut out all the Meat, boil the Rinds very tender, and cut them very fine; then take three pound of double-refin'd Sugar, and a pint of Water, boil and ſcum it, and then put in a pound of Rind; boil it very faſt till the Sugar is very thick, then put in the Meat of your Oranges, the Seeds and Skins being pick'd out, and a Pint of very ſtrong Pippin Jelly; boil all together very faſt half an hour, then put it in flat Pots or Glaſſes: When 'tis cold paper it up.

To preſerve Cherries.

GATHER your Cherries of a bright red, not too ripe; weigh them, and to every pound of Cherries put three quarters of a pound of double-refin'd Sugar beaten fine; ſtone them, and ſtrew ſome Sugar on them, as you ſtone them; to keep their Colour, wet your Sugar with fair Water near half a pint, and boil and ſcum it, then put in three ſmall Spoonfuls of the Juice of Currants, that was infuſed with a little Water; give it another boil and ſcum, and put in your Cherries; boil them till they are tender, then pour them into a *China* Baſon,

cover

cover them with Paper and ſet them by twenty four hours, then put them in your Preſerving-pan, and boil them till they look clear; put them in your Glaſs clear from the Syrup, and put the Syrup on them ſtrain'd through Muſlin.

To preſerve Green Apricocks.

BEFORE the Stones are hard, wet them and lay them in a coarſe Cloth, and put to them two or three handfuls of Salt, and rub them till the Roughneſs is off, then put them in ſcalding Water, and ſet them over the Fire till almoſt boil'd, then ſet them off till almoſt cold; do this two or three times; after this let them be cloſe cover'd, and when they look to be green, let them boil till they begin to be tender; weigh them and take their Weight in double-refin'd Sugar, to a pound of Sugar half a pint of Water; make the Syrup, and when almoſt cold, put in your Apricocks, boil them well till clear, warm the Syrup two or three times till thick, or put them in cold Jelly, or dry them as you uſe them.

To preſerve Apricocks that are ripe.

GATHER your Apricocks about half ripe, before they look too yellow; weigh them and to every pound put three quarters of a pound of treble-refin'd Sugar finely beaten and ſifted, then pare 'em and cut 'em in the parting of the Apricock to take out the Stone; then make a fine Syrup of the Sugar, keeping a little out to ſtrew on them whilſt they are boiling; and after they are boiled a little, take 'em out of the Pan and put 'em in a Baſon, and cover them cloſe with Paper, and let them ſtand twenty-four hours; be careful not to break them in taking them out: The next Day boil them up for good, put them in your Glaſſes with care, ſtrain your Syrup over them thro' Muſlin.

To candy Orange Chips.

PARE your Oranges and ſoak the Peelings in Water two Days, and ſhift the Water twice, but if you love them bitter ſoak them not: Tie your Peels up in a Cloth, and when your Water boils, put them in, and let them boil till they are tender; then take what double-refin'd Sugar will do, and break it ſmall and wet it with a little Water, and let it boil till 'tis near Candy-high, then cut your Peels of what Length you pleaſe, and put 'em into the Syrup; ſet 'em on the Fire and let 'em heat well thro', then let them ſtand a while, heat them twice a Day, but not boil: Let them be ſo done till they begin to candy, then take them out and put them on Plates to dry, and when they are dry, keep them near the Fire.

To candy Orange Flowers.

FIRST pick your Orange-flowers, and boil them quick in fair Water till they are very tender; then drain them thro' a Hair-ſieve very clean from the Water; to a pound of the beſt double-refin'd Sugar, take half a pint of fair Water, and as much Orange-flower-water, and boil it up to a thick Syrup; then put it out into broad flat Glaſſes, and let the Syrup ſtand in the Glaſſes about an inch thick; when 'tis near cold, drop in your Flowers, as many as you think convenient, and ſet your Glaſſes in a Stove with a moderate heat, for the flower they candy, the finer the Rock will be. When you ſee it is well candied top and bottom, and that it gliſſens, break the Candy at top in as great Flakes as you can, and lay the biggeſt Piece at the bottom on Glaſs-plates, and pick out the reſt, and pile it up with the Flowers to what ſize you pleaſe; after that it will preſently be dry in a Stove.

To ſcald Fruit for preſent Uſe.

PUT your Fruit into boiling Water, as much as will almoſt cover them, ſet them over a ſlow Fire, keep it in a ſcald till tender, turning the Fruit where the Water does not cover; when tender, lay a Paper cloſe on it, let it ſtand till cold; to a pound of Fruit, put half a pound of Sugar; let it boil, but not faſt, till it looks clear; all Fruit done whole but Pippins, and they in halves, with Orange or Lemon Peel and Juice of Lemon; cut your Peel very thin, like Threads, and ſtrew them on your Pippins.

To make Marmalade of Apricocks.

GATHER your Apricocks juſt turn'd from the green of a very pale yellow, pare them thin and weigh them, three quarters of a pound of double-refin'd Sugar to a pound of Apricocks; then cut them in halves, take out the Stones and ſlice them thin; beat your Sugar and put it in your Preſerving-pan with your ſlic'd Apricocks, and three or four Spoonfuls of Water: boil and ſcum them, and when they are tender put them in Glaſſes.

To make a Gooſeberry Gam.

GATHER your Gooſeberries full ripe, but green; top and tail them, and weigh them; a pound of Fruit to three quarters of a pound of double-refin'd Sugar, and half a pint of Water; boil them till clear and tender, then put it in Pots.

To keep Orange-flowers in Syrup.

PICK off the Leaves and throw them in Water boiling on the Fire, and ſqueeze into it the

Juice of two or three Lemons; let them boil half a quarter of an hour, and then throw them into cold Water, then drain 'em, and lay 'em on Cloths to drain well, then beat and ſift ſome double-refin'd Sugar; lay ſome on the bottom of a Gallypot, and then a Layer of Flowers, and then more Sugar till all is in; when the Sugar melts, put in more till there is a pretty deal of Syrup; ſo paper them up for uſe. You may put them in Jelly, or what you pleaſe.

To make white Quince Marmalade.

SCALD your Quinces tender, take off the Skin and pulp them from the Core very fine, and to every pound of Quince have a pound and half of double-refin'd Sugar in Lumps, and half a pint of Water, dip your Sugar in the Water and boil and ſcum it till 'tis a thick Syrup: then put in your Quince, boil and ſcum it on a quick Fire a quarter of an hour, ſo put it in your Pots.

To make red Quince Marmalade.

PARE and core a pound of Quince, beat the Parings and Cores and ſome of your worſt Quinces, and ſtrain out the Juice; and to every pound of Quince take ten or twelve ſpoonfuls of that Juice, and three quarters of a pound of Loaf-Sugar, put all into your Preſerving-pan, cover it cloſe and let it ſtew over a gentle Fire two hours, when 'tis of an Orange-red, uncover and boil it up as faſt as you can: when of a good Colour, break it as you like it, give it a boil and pot it up.

To make Syrup of Marſhmallows.

TAKE Marſhmallow Roots, four ounces, Graſs-Roots, Aſparagus-Roots, Liquoriſh, ſtoned Raiſins, of each half an ounce, the tops of Marſh-mallows,

mallows, Pellitory, Pimpernel, Saxafrage, Plantan, Maiden-hair white and black, of each a handful, red Sizers one ounce; the four greater and four leſſer cold Seeds of each three Drachms: bruiſe all theſe, and boil them in three quarts of Water till it comes to two; then put to it four pound of white Sugar till it comes to a Syrup; put to every pint the white of an Egg to clarify it.

To make Syrup of Saffron.

TAKE a pint of the beſt Canary, and as much Balm-water, and half an ounce of *Engliſh* Saffron, open and pull the Saffron very well, and put it into the Liquor to infuſe; let it ſtand cloſe covered (ſo as to be hot, but not boil) twelve hours, then ſtrain it out as hot as you can, and add to it three pounds of double-refin'd Sugar; boil it till it is well incorporated, and when 'tis cold bottle it, and take one ſpoonful in a little Sack or ſmall Cordial, as Occaſion ſerves.

A Syrup for a Cough or Aſthma.

TAKE of Hyſſop and Pennyroyal Water of each a quarter of a pint, ſlice into it a ſmall Stick of Liquoriſh and a few Raiſins of the Sun ſtoned; let it ſimmer together a quarter of an hour, and then make it into a Syrup with brown Sugar-candy, boil it a little, and then put in four or five ſpoonfuls of Snail-water; give it a walm, and when 'tis cold bottle it: take one ſpoonful Morning and Night, with three drops of Balſam of Sulphur in it: You may take a little of the Syrup without the Drops once or twice a day. If the Party is ſhort-breath'd, a Bliſter is very good.

To make Syrup of Balſam for a Cough.

TAKE one ounce of Balſam of *Tolu*, and put to it a quart of Spring-water; let them boil toge-

together two hours, then put in a pound of white Sugar-candy finely beaten, and let it boil half an hour longer; take out the Balſam, and ſtrain the Syrup through a Flannel-bag twice; when 'tis cold put it in a Bottle. This Syrup is excellent for a Cough; take a ſpoonful of it as you lie down in your Bed, and a little at any time, when your Cough troubles you. You may add to it two ounces of Syrup of red Poppies, and as much of Raſpberry Syrup.

A Syrup for a Cough.

TAKE a handful of Oak-Lungs, a handful of *French* Moſs, a handful of Maiden-hair; boil all theſe in three pints of Spring-water till it comes to a quart; then ſtrain it out, and put to it ſix pennyworth of Saffron ty'd up in a Rag, and two pound of brown Sugar-candy; boil it up to a Syrup, and when 'tis cold bottle it: Take a ſpoonful of it as often as your Cough troubles you.

For a Cough.

TAKE three quarts of Spring-water and put it in a large Pipkin, with a Calf's-foot, and four ſpoonfuls of Barley, and a handful of dry'd Poppies; boil it together till one quart be conſumed, then ſtrain it out and add a little Cinamon and a pint of Milk, and ſweeten it to your Taſte with Loaf-ſugar: warm it a little, and drink half a pint as often as you pleaſe.

To make Conſerve of Hips.

GATHER the Hips before they grow ſoft, cut off the Heads and Stalks, ſlit them in halves, and take out all the Seed and white that is in them very clean; then put them in an earthen Pan, and ſtir them every Day, elſe they will grow mouldy; let them ſtand till they are ſoft enough to rub through

through a coarſe Hair-ſieve; as the Pulp comes, take it off the Sieve; they are a dry Berry, and will require pains to rub it through; then add its weight in Sugar, and mix it well together without boiling; keeping it in deep Gallipots for uſe.

To preſerve Apricocks ripe.

GAther your Apricocks of a fine Colour, but not too ripe; weigh them, and to every pound of Apricocks put a pound of double-refin'd Sugar beaten and ſifted: ſtone and pare your Apricocks, as you pare them put them into the Pan you do them in, with Sugar ſtrew'd over and under them, let them not touch one another, but put Sugar between, cover them up, and let them lie till the next Day; then ſtir them gently till the Sugar is melted; then put them on a quick Fire, and let them boil half an hour, ſcumming exceeding well all the while: then take it off, and cover it till 'tis quite cold, or till the next Day; then boil it again, ſcumming it very well till 'tis enough, ſo put it in Pots.

To preſerve green Apricocks.

TAKE green Apricocks about the middle of *June*, or when the Stone is hard; put them on the Fire in cold Water three or four hours, cover them cloſe, but firſt take their Weight in double-refin'd Sugar; then pare them nicely, dip your Sugar in Water, and boil the Water and Sugar very well; then put in your Apricocks, and let them boil till they begin to open; then take out the Stone and cloſe it up again, and put them in the Syrup, and let them boil till they are enough, ſcumming all the while, then put them in Pots.

To preſerve the great White Plumb.

TO a pound of Plumbs take three quarters of a pound of double-refin'd Sugar in Lumps, dip your

your Sugar in Water, and boil and ſcum very well, ſlit your Plumbs down the ſeam, and put them into the Syrup with the ſlit downward; let them ſtew over the Fire a quarter of an hour, ſcum very well, and take them off, and when cold, turn them and cover them up, and turn them in the Syrup every Day two or three times a Day for five Days, then put them in Pots.

To make Jelly of Currants.

STRIP your Currants, put them in a Jug, and infuſe in Water, ſtrain out the Juice upon Sugar, ſweeten to your Taſte, boil it a great while till it jellies, ſcumming all the while, and then put it in your Glaſſes.

To make Apricock Chips.

PARE your Apricocks, and part them in the middle; take out the Stone and cut them croſs-ways pretty thin, as you cut them ſtrew a very little Sugar over them, beaten and ſifted; then ſet them on the Fire, and let them ſtew gently a quarter of an hour, then take them off, cover them up, and ſet them by till the next Day; then ſet them on the Fire as long as before, take them out one by one and lay them on a Sieve, ſtrew Sugar on the Sieve and over them; dry them in the Sun or cool Oven, turn them often, when dry put them in Boxes.

To make a Sweet-bag for Linen.

TAKE a pound of Orris-roots, a pound of ſweet Calamus, a pound of Cypreſs-roots, a pound of dried Lemon-peel, a pound of dried Orange-peel, a peck of dried Roſes, make all theſe into a groſs Powder; Coriander-ſeeds four ounces, Nutmegs one ounce and a half, an ounce of Cloves; make all theſe into fine Powder, and mix with the other;

other; add Muſk and Ambergreaſe; then take four large handfuls of Lavender-flowers dried and rubb'd, a handful of Sweet-marjoram, a handful of Orange-leaves, a handful of young Walnut-leaves, all dry'd and rubb'd; mix all together with ſome bits of Cotton perfumed with Eſſences, and put it up into ſilk Bags to lay with your Linen.

To make the Burning Perfume.

TAKE a quarter of a pound of Damaſk-roſe Leaves, beat them by themſelves, one ounce of Orace-root ſliced very thin, and ſteep'd in Roſe-water. Beat them well together, and put to it two Grains of Muſk, as much Civet, two ounces of Benjamin finely powdered; mix all together, and add a little powder'd Sugar, and make them up in little round Cakes, and lay them ſingly on Papers to dry; ſet them in a Window where the Sun comes, they'll dry in two or three Days; make them in *June*.

All Sorts of Made Wines.

To make Apricock Wine.

TAKE three pounds of Sugar, and three quarts of Water, let them boil together, and ſcum it well; then put in ſix pounds of Apricocks pared and ſtoned, and let them boil till they are tender; then take them up, and when the Liquor is cold bottle it up. You may, if you pleaſe, after you have taken out the Apricocks, let the Liquor have one boil with a ſprig of flower'd Clary in it; the Apricocks make Marmalade, and is very good for preſent ſpending.

To

To make Damſon Wine.

GAther your Damſons, dry and weigh them, and bruiſe them with your Hand, put them into an earthen Stein that hath a Foſſet; put a reath of Straw before the Foſſet; to every eight pound of Fruit a gallon of Water; boil the Water, and ſcum it, and put it to your Fruit ſcalding hot, and let it ſtand two whole Days; then draw it off, and put it into a Veſſel fit for it, and to every Gallon of Liquor put two pound and a half of fine Sugar: Let the Veſſel be full, and ſtop it cloſe, the longer it ſtands the better; it will keep a Year in the Veſſel; bottle it out; the ſmall Damſon is the beſt; you may put a very ſmall Lump of double-refin'd Sugar in every Bottle.

To make Gooſeberry Wine.

TAKE to every four pound of Gooſeberries a pound and a quarter of Sugar, and a quart of fair Water; bruiſe the Berries and ſteep them 24 hours in the Water, ſtirring them often; then preſs the Liquor from them, and put your Sugar to your Liquor; then put it in a Veſſel fit for it, and when it has done working, ſtop it up, and let it ſtand a Month, then rack it off into another Veſſel, and let it ſtand five or ſix Weeks longer; then bottle it out, putting a ſmall lump of Sugar into every Bottle; cork your Bottles well, and at three months end it will be fit to drink. In the ſame manner is Currant and Raſpberry Wine made; but Cherry Wine differs, for the Cherries are not to be bruiſed, but ſtoned, and put the Sugar and Water together, and give it a boil and a ſcum, and then put in your Fruit, and let it ſtew with a gentle fire a quarter of an hour; then let it run thro' a Sieve, without preſſing, and when 'tis cold put it in a Veſſel, and order it as your Gooſeberry or Currant Wine. The

only

only Cherries for Wine are the Great Bearers, Murrey Cherries, Morello's, black *Flanders*, or the *John Treduskin* Cherries.

Pearl Gooſeberry Wine.

TAKE as many as you pleaſe of the beſt Pearl Gooſeberries and bruiſe them, and let them ſtand all Night; the next Morning preſs or ſqueeze them out, and let the Liquor ſtand to ſettle ſeven or eight hours; then pour off the clear from the ſettling, and meaſure it as you put it into your Veſſel, and to every three pints of Liquor put a pound of double-refin'd Sugar; break your Sugar in ſmall Lumps, and put it in the Veſſel with a bit of Iſing-glaſs, and ſtop it up, and at three Months end bottle it out, putting into every Bottle a Lump of double-refin'd Sugar: This is the fine Gooſeberry Wine.

To make Cherry Brandy.

TAKE ſix dozen pounds of Cherries, half red and half black, and maſh or ſqueeze them with your Hands to pieces, and put to them three Gallons of Brandy, and let them ſtand ſteeping twenty-four hours; then put the maſh'd Cherries and Liquor a little at a time into a Canvas Bag, and preſs it as long as any Juice will run; ſweeten it to your Taſte, and put it into a Veſſel fit for it, and let it ſtand a Month, and bottle it out; put a Lump of Loaf-Sugar into every Bottle.

To make Cherry Wine.

PULL the Stalks off the Cherries, and maſh them without breaking the Stones; then preſs them hard thro' a hair Bag, and to every Gallon of Liquor put a pound and half of ſix-penny Sugar; the Veſſel muſt be full, and let it work as long as it

it makes a noiſe in the Veſſel; then ſtop it up cloſe for a Month or ſix Weeks; when 'tis fine, draw it into Bottles, put a Lump of Loaf-Sugar into every Bottle, and if any of them fly, open them all for a moment, and cork them well again; it will not be fit to drink in a quarter of a Year.

To make Currant Wine.

TAKE four Gallons of Currants, not too ripe, and ſtrip them into an earthen Stean that has a Cover to it; then take two gallons and a half of Water, and five pounds and a half of double-refin'd Sugar, boil the Sugar and Water together, and ſcum it, and pour it boiling hot on the Currants, and let it ſtand forty-eight hours, then ſtrain it through a flannel Bag into the Stean again, and let it ſtand a fortnight to ſettle, and bottle it out.

To make ſtrong Mead.

TAKE of Spring-water what quantity you pleaſe, and make it more than blood-warm, and diſſolve Honey in it till 'tis ſtrong enough to bear an Egg, the breadth of a Shilling; then boil it gently near an hour, taking off the ſcum as it riſes; then put to about nine or ten gallons, ſeven or eight large blades of Mace, three Nutmegs quarter'd, twenty Cloves, three or four ſticks of Cinamon, two or three roots of Ginger, and a quarter of an ounce of *Jamaica* Pepper; put theſe Spices into the Kettle to the Honey and Water, a whole Lemon, with a ſprig of Sweet-briar, and a ſprig of Roſemary; tie the Briar and Roſemary together, and when they have boiled a little while, take them out and throw them away; but let your Liquor ſtand on the Spice in a clean earthen Pot till the next day; then ſtrain it into a Veſſel that is fit for it; put the Spice in a Bag, and hang it in the Veſſel, ſtop it, and at three months

draw

draw it into Bottles. Be ſure that 'tis fine when 'tis bottled; after 'tis bottled ſix Weeks 'tis fit to drink.

To make ſmall White Mead.

TAKE three gallons of Spring-water and make it hot, and diſſolve in it three quarts of Honey and a pound of Loaf-ſugar; and let it boil about half an hour, and ſcum it as long as any riſes; then pour it out into a Tub, and ſqueeze in the Juice of four Lemons; put in the Rinds of but two; twenty Cloves, two races of Ginger, a top of Sweet-briar, and a top of Roſemary. Let it ſtand in a Tub till 'tis but blood warm; then make a brown Toaſt and ſpread it with two or three ſpoonfuls of Ale-yeaſt, put it into a Veſſel fit for it; let it ſtand four or five days, then bottle it out.

To make Raiſin Wine.

TAKE two gallons of Spring-water, and let it boil half an hour; then put into a Stean-pot two pounds of Raiſins ſtoned, two pounds of Sugar, the Rind of two Lemons, the Juice of four Lemons; then pour the boiling Water on the things in the Stean, and let it ſtand covered four or five days; ſtrain it out and bottle it up: In fifteen or ſixteen days it will be fit to drink. 'Tis a very cool and pleaſant Drink in hot Weather.

To make Shrub.

TAKE two quarts of Brandy, and put it in a large Bottle, and put into it the Juice of five Lemons, the Peels of two, half a Nutmeg, ſtop it up, and let it ſtand three days, and add to it three pints of White-wine, a pound and half of Sugar; mix it, and ſtrain it twice thro' a Flannel, and bottle it up: 'tis a pretty Wine and a Cordial.

To make Orange Wine.

PUT twelve pounds of fine Sugar, and the whites of eight Eggs well beaten into six Gallons of Spring-water; let it boil an hour, scumming it all the time; take it off, and when 'tis pretty cool, put in the Juice and Rind of fifty Sevil Oranges, and six spoonfuls of good Ale-yeast, and let it stand two days; then put it into your Vessel with two quarts of Rhenish-wine, and the Juice of twelve Lemons. You must let the Juice of Lemons and Wine, and two pounds of double-refin'd Sugar stand close cover'd ten or twelve hours before you put it in the Vessel to your Orange Wine, and scum off the Seeds before you put it in. The Lemon-peels must be put in with the Oranges, half the Rinds must be put into the Vessel; it must stand ten or twelve days before 'tis fit to bottle.

To make Birch Wine.

IN *March* bore a hole in a Tree, and put in a Faucet, and it will run two or three days together without hurting the Tree; then put in a Pin to stop it, and the next Year you may draw as much from the same hole; put to every Gallon of the Liquor a quart of good Honey, and stir it well together, boil it an hour, scum it well, and put in a few Cloves and a piece of Lemon-peel; when 'tis almost cold, put to it so much Ale-yeast as will make it work like new Ale, and when the Yeast begins to settle, put it in a Runlet that will just hold it: So let it stand six Weeks or longer if you please; then bottle it, and in a Month you may drink it. It will keep a Year or two. You may make it with Sugar, two pounds to a Gallon, or something more, if you keep it long. This is admirably wholesome as well as pleasant, an Opener of Obstructions, good against the Phthisick, and good

good againſt the Spleen and Scurvy, a Remedy for the Stone, it will abate Heat in a Fever or Thruſh, and has been given with good Succeſs.

To make Sage Wine.

BOIL twenty-ſix quarts of Spring-water a quarter of an hour, and when 'tis blood-warm, put twenty-five pounds of *Malaga* Raiſins pick'd, rubb'd and ſhred into it, with almoſt half a Buſhel of red Sage ſhred, and a Poringer of Ale-yeaſt; ſtir all well together, and let it ſtand in a Tub cover'd warm ſix or ſeven days, ſtirring it once a day; then ſtrain it out, and put it in a Runlet. Let it work three or four days, ſtop it up; when it has ſtood ſix or ſeven days, put in a quart or two of *Malaga* Sack, and when 'tis fine bottle it.

To make Cowſlip Wine.

TO ſix gallons of Water put fourteen pounds of Sugar, ſtir it well together, and beat the whites of twenty Eggs very well, and mix it with the Liquor, and make it boil as faſt as poſſible, ſcum it well, and let it continue boiling two hours; then ſtrain it thro' a hair Sieve and ſet it a cooling, and when 'tis as cold as Wort ſhould be, put a ſmall quantity of Yeaſt to it on a Toaſt, or in a Diſh: Let it ſtand all Night working, then bruiſe a Peck of Cowſlips, and put them into your Veſſel, and your Liquor upon them, and ſix ounces of Syrup of Lemons; cut a Turf of Graſs and lay on the Bung; let it ſtand a Fortnight and then bottle it. Put your Tap into your Veſſel before you put your Wine in, that you may not ſhake it.

To make Raſpberry Wine.

TAKE your quantity of Raſpberries and bruiſe them, put them in an open Pot 24 hours;

then ſqueeze out the Juice, and to every gallon put three pound of fine Sugar, and two quarts of Canary, put it into a Stean or Veſſel, and when it hath done working, ſtop it cloſe; when 'tis fine bottle it. It muſt ſtand two Months before you drink it.

To make Raſpberry Wine another way.

POUND your Fruit, and ſtrain them through a Cloth; then boil as much Water as Juice of Raſpberries, and when 'tis cold put it to your Squeezings: Let it ſtand together five Hours; then ſtrain it and mix it with the Juice, and to every Gallon of this Liquor put two pound and half of fine Sugar: Let it ſtand in an earthen Veſſel cloſe cover'd a Week; then put it in a Veſſel fit for it, and let it ſtand a Month, or till 'tis fine; bottle it off.

To make Morella Cherry Wine.

LET your Cherries be very ripe, pick off the Stalks, and bruiſe your Fruit without breaking the Stones; put them in an open Veſſel together; let them ſtand twenty-four hours, then preſs 'em, and to every gallon put two pound of fine Sugar; then put it up in your Caſk, and when it has done working, ſtop it cloſe, let it ſtand three or four Months and bottle it; it will be fit to drink in two Months.

To make Quince Wine.

TAKE your Quinces when they are thorough ripe, wipe off the Fur very clean; then take out the Cores and bruiſe them as you do Apples for Cyder, and preſs them, and to every gallon of Juice put two pounds and a half of fine Sugar, ſtir it together till 'tis diſſolv'd; then put it in your Caſk, and when it has done working ſtop it cloſe; let it

ſtand till *March* before you bottle it. You may keep it two or three Years, it will be better.

Another ſort of Raſpberry Wine.

TAKE four gallons of Raſpberries, and put them in an earthen Pot, and then take four gallons of Water and boil it two hours, and let it ſtand till 'tis blood-warm, and put it to the Raſpberries and ſtir them well together; and let it ſtand 12 Hours, then ſtrain it off, and to every gallon of Liquor put three pound of Loaf-Sugar, and ſet it over a clear Fire, and let it boil till all the Scum is taken off, and when 'tis cold put it into Bottles, and open the Corks every Day for a Fortnight, and then ſtop 'em cloſe.

To make Lemon Wine.

TAKE ſix large Lemons, pare off the Rind and cut the Lemons and ſqueeze out the Juice, and in the Juice ſteep the Rind, and put it to a quart of Brandy, and let it ſtand in an earthen Pot cloſe ſtopt three Days, and then ſqueeze ſix more, and mix with two quarts of Spring-water, and as much Sugar as will ſweeten the whole, and boil the Water and Lemons and Sugar together, and let it ſtand till 'tis cool; then add a quart of White-wine and the other Lemon and Brandy, and mix them together, and run it through a flannel Bag into ſome Veſſel. Let it ſtand three Months and bottle it off. Cork your Bottles very well and keep it cool, it will be fit to drink in a Month or ſix Weeks.

To make Elder Wine.

TAKE twenty-five pound of *Malaga* Raiſins, rub them and ſhred them ſmall, then take five gallons of fair Water, boil it an Hour, and let it ſtand till it is but Blood-warm, then put it in an

earthen Crock or Tub with your Raiſins; let them ſteep ten Days, ſtirring them once or twice a Day, then paſs the Liquor through a hair Sieve, and have in readineſs five Pints of the Juice of Elderberries drawn off as you do for Jelly of Currants; then mix it cold with the Liquor, and ſtir it well together, and put it in a Veſſel, and let it ſtand in a warm place, and when it has done working ſtop it cloſe. Bottle it about *Candlemas*.

To make Barley Water.

TAKE of Pearl-Barley four ounces, put it in a large Pipkin and cover it with Water; when the Barley is thick and tender, put in more Water and boil it up again, and ſo do till 'tis of a good thickneſs to drink; then put in a blade or two of Mace, or a ſtick of Cinamon. Let it have a walm or two and ſtrain it out, and ſqueeze in the Juice of two or three Lemons, and a bit of the Peel, and ſweeten it to your Taſte with fine Sugar; let it ſtand till 'tis cold, and then run it thro' a Bag and bottle it out, it will keep three or four Days.

To make Barley Wine.

TAKE half a pound of *French* Barley, and boil it in three Waters, and ſave three pints of the laſt Water, and mix it with a quart of White Wine, half a pint of Borage Water, as much Clary-water, and a little red Roſe-water, the Juice of five or ſix Lemons, three quarters of a pound of fine Sugar, the thin yellow Rind of a Lemon; brew all theſe quick together, run it through a Strainer, and bottle it up; 'tis pleaſant in hot Weather, and very good in Fevers.

To make Plumb Wine.

TAKE twenty pounds of *Malaga* Raiſins, pick, rub, and ſhred them, and put them into a Tub;

Tub; then take four gallons of fair Water and boil it an hour, and let it ſtand till 'tis blood-warm; then put it to your Raiſins; let it ſtand nine or ten Days, ſtirring it once or twice a Day, ſtrain out your Liquor, and mix with it two quarts of Damſon Juice, put it in a Veſſel, and when it has done working, ſtop it cloſe; at four or five Months bottle it.

To make Ebulum.

TO a Hogſhead of ſtrong Ale, take a heap'd Buſhel of Elderberries, and half a pound of Juniper-berries beaten; put in all the Berries when you put in the Hops, and let them boil together till the Berries break in pieces; then work it up as you do Ale; when it has done working, add to it half a pound of Ginger, half an ounce of Cloves, as much Mace, an ounce of Nutmegs, and as much Cinamon groſly beaten, half a pound of Citron, as much Eringo-root, and likewiſe of candied Orange Peel; let the Sweetmeats be cut in pieces very thin, and put with the Spice into a Bag, and hang it in the Veſſel when you ſtop it up. So let it ſtand till 'tis fine, then bottle it up and drink it with Lumps of double-refin'd Sugar in the Glaſs.

To make Cock Ale.

TAKE ten Gallons of Ale, and a large Cock, the older the better, parboil the Cock, flea him, and ſtamp him in a ſtone Mortar till his Bones are broken, (you muſt craw and gut him when you flea him) then put the Cock into two quarts of Sack, and put to it three pounds of Raiſins of the Sun ſtoned, ſome blades of Mace, and a few Cloves; put all theſe into a Canvas bag, and a little before you find the Ale has done working, put the Ale and Bag together into a Veſſel; in a Week or nine Days time bottle it up, fill the Bottles but juſt

above the Neck, and give it the ſame time to ripen as other Ale.

To make Elder Wine at Chriſtmas.

TAKE twenty pounds of *Malaga* or *Lipara* Raiſins, rub them clean, and ſhred them ſmall; then take five gallons of Water, boil it an hour, and when 'tis near cold, put it in a Tub with the Raiſins; let them ſteep ten Days, and ſtir them once or twice a Day; then ſtrain it through a hair Sieve, and by Infuſion draw three pints of Elder Juice, and one pint of Damſon Juice; make the Juice into a thin Syrup, a pound of Sugar to a pint of Juice, and not boil it much, but juſt enough to keep: when you have ſtrained out the Raiſin-Liquor, put that and the Syrup into a Veſſel fit for it, and two pound of Sugar; ſtop the Bung with a Cork till it gathers to a Head, then open it, and let it ſtand till it has done working; then put the Cork in again and ſtop it very cloſe, and let it ſtand in a warm place two or three Months and then bottle it; make the Elder and Damſon Juice into Syrup in its Seaſon, and keep it in a cool Cellar till you have Convenience to make the Wine.

To make fine Milk Punch.

TAKE two quarts of Water, one quart of Milk, half a pint of Lemon Juice, and one quart of Brandy, Sugar to your Taſte; put the Milk and Water together a little warm, then the Sugar, then the Lemon Juice, ſtir it well together, then the Brandy, ſtir it again and run it through a flannel Bag till 'tis very fine, then bottle it; it will keep a Fortnight or more.

To make Mead.

TO 13 Gallons of Water put 32 pound of Honey; boil and ſcum it well, then take Roſemary, Thyme, Bay-leaves, and ſweet Briar, one handful all together, boil it an hour, then put it into a Tub with two or three good handfuls of down-ground Malt: ſtir it till 'tis but blood-warm, then ſtrain it through a Cloth, and put it into a Tub again; then cut a Toaſt round a quartern Loaf, and ſpread it over with good Ale-yeaſt, and put it into your Tub, and when the Liquor is quite over with the Yeaſt, put it up in your Veſſel; then take Cloves, Mace, Nutmegs, an ounce and a half, Ginger an ounce ſliced, bruiſe the Spice and tie all up in a Rag, and hang it in the Veſſel; ſtop it up cloſe for Uſe.

Sage Wine another way.

TAKE thirty pounds of *Malaga* Raiſins pick'd clean, and ſhred ſmall, and one buſhel of green Sage ſhred ſmall; then boil five gallons of Water, let the Water ſtand till 'tis luke-warm; then put it in a Tub to your Sage and Raiſins; let it ſtand five or ſix days, ſtirring it twice or thrice a day; then ſtrain and preſs the Liquor from the Ingredients, put it in a Caſk, and let it ſtand ſix Months; then draw it clean off into another Veſſel; bottle it in two days; in a month or ſix weeks it will be fit to drink, but beſt when 'tis a year old.

To make Palermo *Wine.*

TAKE to every quart of Water a pound of *Malaga* Raiſins, rub and cut the Raiſins ſmall, and put them to the Water, and let them ſtand ten days, ſtirring it once or twice a day; you may boil the Water an hour before you put it to the Raiſins,

ſins, and let it ſtand to cool; at ten days end ſtrain out your Liquor, and put a little Yeaſt to it; and at three days put it in the Veſſel with one ſprig of dried Wormwood; let it be cloſe ſtopp'd, and at three months end bottle it off.

To make Clary Wine.

TAKE twenty-four pounds of *Malaga* Raiſins, pick them and chop them very ſmall, put them in a Tub, and to each pound a quart of Water; let them ſteep ten or eleven days, ſtirring it twice every day; you muſt keep it covered cloſe all the while; then ſtrain it off, and put it into a Veſſel, and about half a peck of the tops of Clary when 'tis in bloſſom; ſtop it cloſe for ſix Weeks, and then bottle it off; in two or three months 'tis fit to drink. 'Tis apt to have a great Settlement at bottom, therefore 'tis beſt to draw it off by Plugs, or tap it pretty high.

To Recover Wine that is turn'd ſharp.

RACK off your Wine into another Veſſel, and to ten Gallons put the following Powder; take Oyſter Shells, ſcrape and waſh off the brown dirty outſide of the Shell, then dry them in an Oven till they will powder, a pound of this powder to every nine or ten Gallons of your Wine; ſtir it well together, and ſtop it up, and let it ſtand to ſettle two or three days, or till 'tis fine; as ſoon as 'tis fine bottle it off, and cork it well.

To fine Wine the Lisbon *way.*

TO every twenty Gallons of Wine take the Whites of ten Eggs, and a ſmall handful of Salt, beat it together to a Froth, and mix it well with a quart or more of the Wine, then pour it in the Veſſel, and in a few days it will be fine.

To

To clear Wine.

TAKE half a pound of Hartſhorn, and diſſolve it in Cyder, if it be for Cyder, or Rheniſh-wine for any Liquor: This is enough for a Hogſhead.

To make Orange Wine with Raiſins.

TAKE thirty pounds of new *Malaga* Raiſins, pick them clean, and chop them ſmall; you muſt have twenty large Sevil Oranges, ten of them you muſt pare as thin as for preſerving. Boil about eight gallons of ſoft Water till a third Part be conſumed; let it cool a little, then put five gallons of it hot upon your Raiſins and Orange-peel; ſtir it well together, cover it up, and when 'tis cold let it ſtand five days, ſtirring it up once or twice a day; then paſs it through a hair Sieve, and with a Spoon preſs it as dry as you can, and put it in a Runlet fit for it, and put to it the Rinds of the other ten Oranges, cut as thin as the firſt; then make a Syrup of the Juice of twenty Oranges, with a pound of white Sugar. It muſt be made the day before you tun it up; ſtir it well together, and ſtop it cloſe; let it ſtand two Months to clear, then bottle it up; it will keep three Years, and is better for keeping.

To make Cherry Wine.

PULL off the Stalks of the Cherries, and maſh them without breaking the Stones; then preſs them hard thro' a hair Bag, and to every gallon of Liquor put two pounds of eight-penny Sugar: The Veſſel muſt be full, and let it work as long as it makes a noiſe in the Veſſel; then ſtop it up cloſe for a Month or more, and when 'tis fine draw it into dry Bottles, and put a Lump of Sugar into every Bottle.

Bottle. If it makes them fly, open them all for a Moment, and ſtop them up again; it will be fit to drink in a quarter of a Year.

To make Gooſeberry Wine.

BOIL eight gallons of Water and one pound of Sugar an hour, ſcum it well, and let it ſtand till 'tis cold; then to every quart of that Water allow three pounds of Gooſeberries, firſt beaten or bruiſed very well, let it ſtand twenty-four hours; then ſtrain it out, and to every gallon of this Liquor put three pounds of ſeven-penny Sugar; let it ſtand in the Fat twelve hours; then take the thick Scum off, and put the clear into a Veſſel fit for it, and let it ſtand a Month; then draw it off, and rinſe the Veſſel with ſome of the Liquor, and put it in again, and let it ſtand four Months, and bottle it.

To make Frontiniac *Wine.*

TAKE ſix gallons of Water and twelve pounds of white Sugar, and ſix pounds of Raiſins of the Sun cut ſmall; boil theſe together an hour; then take of the Flowers of Elder, when they are falling and will ſhake off, the quantity of half a peck; put them in the Liquor when 'tis almoſt cold, the next day put in ſix ſpoonfuls of Syrup of Lemons, and four ſpoonfuls of Ale-yeaſt, and two days after put it in a Veſſel that is fit for it, and when it has ſtood two Months bottle it off.

To make Engliſh *Champagne, or the fine Currant Wine.*

TAKE to three gallons of Water nine pounds of *Lisbon* Sugar; boil the Water and Sugar half an hour, ſcum it clean, then have one gallon of Currants pick'd, but not bruiſed, pour the Liquor boiling-hot over them, and when cold, work it with half a pint of Balm two days; then pour it through

through a Flannel or Sieve, then put it into a Barrel fit for it with half an ounce of Iſing-glaſs well bruiſed; when it has done working, ſtop it cloſe for a Month, then bottle it, and in every Bottle put a very ſmall Lump of double-refin'd Sugar. This is excellent Wine, and has a beautiful Colour.

To make Saragoſſa *Wine, or* Engliſh *Sack.*

TO every quart of Water, put a Sprig of Rue, and to every gallon a handful of Fennel-Roots, boil theſe half an Hour, then ſtrain it out, and to every gallon of this Liquor put three pounds of Honey; boil it two Hours, and ſcum it well, and when 'tis cold pour it off and tun it into a Veſſel, or ſuch Cask that is fit for it; keep it a Year in the Veſſel, and then bottle it; 'tis a very good Sack.

To make Cyder.

PULL your Fruit before 'tis too ripe, and let it lie but one or two days to have one good Sweat; your Apples muſt be Pippins, Pearmains, or Harveys, (if you mix Winter and Summer Fruit together 'tis never good) grind your Apples and preſs it, and when your Fruit is all preſs'd, put it immediately into a Hogſhead where it may have ſome room to work; but no Vent, but a little hole near the Hoops, but cloſe bung'd; put 3 or 4 pound of Raiſins into a Hogſhead, and two pound of Sugar; it will make it work better; often racking it off is the beſt way to fine it, and always rack it into ſmall Veſſels, keeping them cloſe bung'd, and only a ſmall Vent-hole; if it ſhould work after racking, put into your Veſſel ſome Raiſins for it to feed on, and bottle it in *March.*

To make the fine Clary Wine.

TO ten Gallons of Water, put twenty-five pounds of Sugar, and the Whites of twelve Eggs well beaten; ſet it over the Fire and let it boil gently near an hour, ſcum it clean and put it in a Tub, and when 'tis near cold, then put into the Veſſel you keep it in about half a Strike of Clary in the bloſſom, ſtript from the Stalks, Flowers and little Leaves together, and a pint of new Ale-yeaſt; then put in the Liquor and ſtir it two or three times a day, for three days; when it has done working ſtop it up, and bottle it at three or four Months old, if 'tis clear.

To make Currant Wine.

GAther your Currants full ripe, ſtrip them and bruiſe them in a Mortar, and to every gallon of the Pulp put two quarts of Water, firſt boil'd and cold; you may put in ſome Raſps, if you pleaſe; let it ſtand in a Tub twenty four-hours to ferment; then let it run through a hair Sieve. Let no Hand touch it; let it take its time to run; and to every gallon of this Liquor put two pounds and a half of white Sugar; ſtir it well, and put it in your Veſſel, and to every ſix Gallons put in a quart of the beſt rectified Spirit of Wine; let it ſtand ſix Weeks and bottle it: if 'tis not very fine, empty it into other Bottles, or at firſt draw it into large Bottles, and then after it has ſtood a Fortnight, rack it off into ſmaller.

To make Elder-flower Wine.

TAKE two large handfuls of dried Elder-flowers, and ten gallons of Spring-water, boil the Water, and pour it ſcalding hot upon the Flowers; the next Day put to every gallon of Water five pounds

pounds of *Malaga* Raiſins, the Stalks being firſt pick'd off, but not waſh'd; chop them groſly with a Chopping-knife; then put them into your boil'd Water, and ſtir the Water, Raiſins, and Flowers well together, and ſo do twice a-day for twelve days; then preſs out the Juice clear as long as you can get any Liquor out; then put it in your Barrel fit for it, and ſtop it up two or three Days till it works, and in a few Days ſtop it up cloſe, and let it ſtand two or three Months 'till 'tis clear, then bottle it.

To make Elder Wine.

TAKE Spring-water, and let it boil half an hour; then meaſure five gallons, and let it ſtand to cool; then have in readineſs 20 pounds of Raiſins of the Sun well pick'd and rubb'd in a Cloth, and hack them ſo as to cut them, but not too ſmall; then put them in, the Water being cold, and let them ſtand nine days, ſtirring them two or three times a-day; then have ready ſix pints of Juice of Elder-berries full ripe, which muſt be infuſed in boiling Water, or baked three hours; then ſtrain out the Raiſins, and when the Elder-liquor is cold, mix that with it; but 'tis beſt to boil up the Juice to a Syrup, a pound of Sugar to every pint of Juice; boil and ſcum it, and when cold mix it with your Raiſin Liquor, and three or four ſpoonfuls of good Ale-yeaſt; ſtir it well together, then tun it up in a Veſſel fit for it; let it ſtand in a warm place to work, and in your Cellar five or ſix Months.

To make Gooſeberry Wine.

TAKE 24 quarts of Gooſeberries full ripe, and 12 quarts of Water after it has been boiled two hours; pick and bruiſe your Gooſeberries one by one in a Platter with a Rolling-pin as little as you can, ſo they be all bruiſed; then put the Water when 'tis cold on your maſh'd Gooſeberries, and

let

let them ſtand together 12 hours, and when you drain it off, be ſure to take none but the clear; then meaſure the Liquor, and to every quart of that Liquor put three quarters of a pound of fine Sugar, the one half Loaf-ſugar; let it ſtand to diſſolve ſix or eight hours, ſtirring it two or three times; then put it in your Veſſels with two or three ſpoonfuls of the beſt new Yeaſt, ſtop it eaſy at firſt that it may work if it will; and when you ſee it has done working, or will not work, ſtop it cloſe, and bottle it in froſty Weather.

Mountain Wine.

PICK out the big Stalks of your *Malaga* Raiſins, then chop them very ſmall, five pounds to every gallon of cold Spring-water, let them ſteep a Fortnight or more, ſqueeze out the Liquor and barrel it in a Veſſel fit for it; firſt fume the Veſſel with Brimſtone, don't ſtop it up till the hiſſing is over.

Lemon Wine, or what may paſs for Citron-water.

TAKE 2 quarts of Brandy, and one quart of Spring-water, half a pound of double-refin'd Sugar, and the Rinds of 16 Lemons; put them together in an earthen Pot, and pour into it 12 ſpoonfuls of Milk boiling hot, ſtir it together and let it ſtand 3 days; then take off the top and paſs the other 2 or 3 times thro' a Jelly-bag; bottle it. 'Tis fit to drink, or will keep a Year or two.

To make Strong Beer.

TO a Barrel of Beer take 2 Buſhels of Malt and half a Buſhel of Wheat juſt crackt in the Mill, and ſome of the Flour ſifted out of it; when your Water is ſcalding hot, put it in your Maſhing-fat; there let it ſtand till you can ſee your Face in it; then

then put your Malt upon it, then put your Wheat upon that, and do not ſtir it; let it ſtand two hours and a half; then let it run into a Tub that has two pounds of Hops in it, and a handful of Roſemary-flowers, and when 'tis all run put it in your Copper and boil it two hours; then ſtrain it off, ſetting it a cooling very thin, and ſet it a working very cool; clear it very well before you put it a working, put a little Yeaſt to it; when the Yeaſt begins to fall, put it into your Veſſel, and when it has done working in the Veſſel, put in a pint of whole Wheat, and ſix Eggs; then ſtop it up, let it ſtand a Year, and then bottle it. Then maſh again, ſtir the Malt very well in, and let it ſtand two hours, and let that run, and maſh again and ſtir it as before; be ſure you cover your Maſhing-fat well up, mix the firſt and ſecond Running together, it will make good Houſhold-Beer.

To make Elder Ale.

TAKE ten Buſhels of Malt to a Hogſhead, then put two Buſhels of Elder-berries pickt from the Stalks into a Pot or earthen Pan, and ſet it in a Pot of boiling Water till the Berries ſwell, then ſtrain it out and put the Juice into the Guile-fat, and beat it often in, and ſo order it as the common way of brewing.

All Sorts of Cordial Waters.

The great Palſy-water.

TAKE of Sage, Roſemary, and Betony-flowers, of each half a handful, Borage and Bugloſs-flowers, of each a handful, of Lilly of the Valley

and Cowſlip-flowers, of each 4 or 5 handfuls; ſteep theſe in the beſt Spirit of Sack, every thing in their ſeaſon till all is in; then put to them Balm, Spike-flowers, Mother-wort, Bay-leaves, Leaves of Orange-tree, with the Flowers, of each one ounce; then put in Citron-peel, Piony-ſeeds, and Cinamon, of each half an ounce; Nutmegs, Cardamums, Mace, Cubebs, yellow Sanders, of each half an ounce, Lignum Aloes one dram; make all theſe into Powder; then add Jujubes, the Stones taken out and cut in pieces, half a pound; then add Pearl prepar'd, Smaragdes, Muſk and Saffron, of each ten grains; Ambergreaſe one ſcruple, red Roſes dry'd one ounce; as many Lavender-flowers ſtript from their ſtalks as will fill a gallon glaſs; ſteep all theſe a Month and diſtil them in a Limbeck very carefully; after 'tis ſtill'd, hang a Bag in it with theſe Ingredients in it, Pearl prepar'd, Smaragdes, Muſk and Saffron, of each ten grains, Ambergreaſe one ſcruple, red Roſes dry'd, red and yellow Sanders, of each one ounce; hang them in a white Sarſnet-bag in the Water, ſtop it cloſe. The Virtues of this Water: 'Tis of excellent uſe in all Swoonings, in Weakneſs of Heart and Decay of Spirits; it reſtores Speech in Apoplexies and Palſies, it helps all Pains in the Joints coming of Cold or Bruiſes, bathing the Place outwardly, and dipping Cloths and laying on it; it ſtrengthens and comforts all vital and animal Spirits, and cleareth the external Senſes, ſtrengthning the Memory, reſtoreth loſt Appetite, helpeth all Weakneſs of the Stomach. Both taken inwardly and bathed outwardly, it taketh away Giddineſs of the Head, and helpeth Hearing, it makes a pleaſant Breath, it helpeth all cold Diſpoſitions of the Liver, and beginning of Dropſies; none can ſufficiently expreſs the Virtues of this Water: When 'tis taken inwardly, drop ten or twelve drops on a lump of Sugar, or a bit of Bread, or in a diſh of Tea: But in a Fit of the Palſy give ſo much every hour to reſtore Speech; add to the reſt of the Flowers ſingle

Wall-

Wall-flowers, and the Roots and Flowers of ſingle Pionies and Miſletoe of the Oak, of each a good handful.

The Lady Hewet's *Water.*

TAKE red Sage, Betony, Spearmint, unſet Hyſop, Setwell, Thyme, Balm, Pennyroyal, Celandine, Water-creſſes, Hearts-eaſe, Lavender, Angelica, Germander, Calemint, Tameriſk, Coltsfoot, Avens, Valerian, Saxafrage, Pimpernel, Vervin, Parſley, Roſemary, Savory, Scabius, Agrimony, Mother-thyme, wild Marjoram, *Roman* Wormwood, Carduus Benedictus, Pellitory of the Wall, Field-Daiſies, Flowers and Leaves, of each of theſe Herbs take a handful after they are pick'd and waſh'd; of Rue, Yarrow, Comfry, Plantane, Camomile, Maiden-hair, Sweet-marjoram, Dragons, of each of theſe a handful before they are waſh'd or pick'd; red Roſe-leaves and Cowſlip-flowers, of each half a peck, Roſemary-flowers a quarter of a peck, Hartſhorn two ounces, Juniper-berries one dram, China-roots one ounce, Comfry-roots ſliced, Anniſeeds, Fennel-ſeeds, Carraway-ſeeds, Nutmegs, Ginger, Cinamon, Pepper, Spikenard, Parſley-ſeeds, Cloves and Mace, Aromaticum-roſarum 3 drams, Saſſafras ſliced half an ounce, Elecampane-roots, Melilot-flowers, Calamus Aromaticus, Cardamums, Lignum Aloes, Rhubarb ſliced thin, Galengal, Veronica, Laudericum, Cubebs Grains, of each of theſe 2 drams; the Cordials, Bezoar 30 grains, Muſk 24 grains, Ambergreaſe 20 grains, Flour of Coral 2 drams, Flour of Amber one dram, Flour of Pearl 2 drams, Gold 4 leaves, Saffron in a little bag 2 drams, white Sugar-candy 1 pound: Waſh the Herbs and ſwing them in a Cloth till they are dry, then cut them and put them into an earthen Pot, and in the midſt of the Herbs put the Seeds, Spices and Drugs, being bruiſed; then put thereto ſuch a quantity of Sherry-Sack as will cover them; ſo let them ſteep twenty-four hours, then diſtil it in an Alembick, and make

two Diſtillings of it; from each of which draw three pints of Water, mix it all together, and put it into quart Bottles, and divide the Cordials into 3 parts, and put into each Bottle of Water a like quantity; ſhake it often together at the firſt, the longer you keep it the better it will be. There never was a better Cordial in Caſes of the greateſt Illneſs; 2 or 3 ſpoonfuls almoſt revive from Death.

The Lady Allen's *Water.*

TAKE of Balm, Roſemary, Sage, Carduus, Wormwood, Dragons, Scordium, Mugwort, Scabious, Tormentil-roots and leaves, and Angelica-roots and leaves, Marigold-flowers and leaves, Betony-flowers and leaves, Centaury-tops, Pimpernel, Wood Sorrel or other Sorrel, Rue, Agrimony, Roſa-ſolis, of every one of theſe half a pound; Liquoriſh 4 ounces, Elecampane-roots 2 ounces; waſh the Herbs, ſhake and dry them in a Cloth, then ſhred them and ſlice the Roots, and put all into 3 gallons of the beſt White-wine, and let them ſtand cloſe covered 2 days and 2 nights, ſtirring them Morning and Evening; then take out ſome of the Herbs, lightly ſqueezing them with your Hands, and fill a Still full, let them ſtill 12 hours in a cold Still with a reaſonable quick fire; then put the reſt of the Herbs and the Wine in an Alembick, and diſtil them till all the Strength is out of the Herbs and Wine; mix all the Water in both Stills together, ſweeten ſome, but not all; for Caſes of great Illneſs warm ſome of that unſweeten'd blood-warm, and put in it a little Syrup of Gilliflowers, and go to Bed, covering warm. This is a very excellent Water.

Plague-Water.

TAKE Roſa-ſolis, Agrimony, Betony, Scabious, Centaury-tops, Scordium, Balm, Rue, Wormwood, Mugwort, Celandine, Roſemary, Marigold-leaves,

leaves, brown Sage, Burnet, Carduus and Dragons, of each a large handful; and Angelica-roots, Peony-roots, Tormentil-roots, Elecampane-roots and Liquoriſh, of each one ounce; cut the Herbs, and ſlice the Roots, and put them all into an earthen Pot, and put to them a gallon of White-wine, and a quart of Brandy, and let them ſteep two days cloſe covered; then diſtil it in an ordinary Still with a gentle fire: You may ſweeten it, but not much.

Dr. Stevens's *Water.*

TAKE a gallon of the beſt *Gaſcoigne* Wine or Sack; then take of Ginger, Galengal, Cinamon, Nutmegs, Cloves, Mace, Aniſeeds, Carraway-ſeeds, Coriander-ſeeds, of every of thoſe one dram; then take Sage, Mint, red Roſe-leaves, Thyme, Pellitory of the Wall, Pot-Marjoram, Roſemary, Pennyroyal, wild Thyme, common Lavender, of each of theſe one handful; bruiſe the Spice and Seeds, and ſtamp the Herbs and put them all into the Wine, and let it ſtand cloſe covered twelve Hours, ſtirring it often; then ſtill it in an Alembick, and mix it as you pleaſe.

To make Aqua Mirabilis.

TAKE Cubebs, Cardamums, Galengal, Cloves, Mace, Nutmegs, Cinamon, of each two drams bruiſed ſmall; then take of the Juice of Celandine one pint, the Juice of Spearmint half a pint, the Juice of Balm half a pint, Melilot-flowers, Cowſlip-flowers, Roſemary-flowers, Borage and Buglos-flowers, and Marygold-flowers, of each three drams; Fennel-ſeed, Coriander-ſeed and Carraway-ſeed, of each two drams, two quarts of the beſt Sack, one quart of White-wine, one pint of Brandy, one pint of the ſtrongeſt Angelica-water, and one pint, of red Roſe-water; bruiſe the Spices and Seeds, and ſteep them with the Herbs, Flowers, Juices, Waters,

Sack, White-wine and Brandy all night; in the Morning diſtil it in a common Still, paſted up; from this quantity draw off a gallon at leaſt, ſweeten it to the Taſte with Sugar-candy; bottle it up and keep it in Sand, or very cool.

A Tincture of Ambergreaſe.

TAKE Ambergreaſe and Muſk, of each 1 ounce, and put to them a quarter of a pint of Spirit of Wine; ſtop it cloſe, tie it down with Leather, and ſet it in Horſe-dung 10 or 12 days.

To make Orange or Lemon Water.

TO one hundred Oranges or Lemons, you muſt have three gallons of Brandy and two quarts of Sack. Pare off the outer Rinds very thin, and ſteep them in the Brandy one Night; the next day diſtil them in a cold Still, a gallon with the proportion of Peels is enough for one Still, and of that you may draw off between 3 and 4 quarts; draw it off till you taſte it begin to be ſoweriſh; ſweeten it to your Taſte with double-refin'd Sugar; mix firſt, ſecond, and third Running together; if 'tis Lemon-water it ſhould be perfum'd; put two grains of Ambergreaſe and one of Muſk ground fine, tie it in a Rag and let it hang 5 or 6 days in a Bottle, and then put it in another, and ſo for a great many if you pleaſe, or elſe you may put 3 or 4 drops of Tincture of Ambergreaſe in it; cork it very well; the Orange is an excellent Water for the Stomach, and the Lemon is a fine entertaining Water.

King Charles II's *Surfeit-water.*

TAKE a gallon of the beſt Aqua-vitæ, and a quart of Brandy, and a quart of Anniſeed-water, a pint of Poppy-water, and a pint of Damaſk

maſk Roſe-water; put theſe in a large glaſs Jar, and put to it a pound of fine powder'd Sugar, a pound and half of Raiſins ſtoned, a quarter of a pound of Dates ſtoned and ſliced, 1 ounce of Cinamon bruiſed; Cloves 1 ounce, 4 Nutmegs bruiſed, one ſtick of Liquoriſh ſcrap'd and ſlic'd; let all theſe ſtand nine days cloſe cover'd, ſtirring it 3 or 4 times a day; then add to it three pounds of freſh Poppies, or 3 handfuls of dried Poppies, a Sprig of Angelica, 2 or 3 of Balm; ſo let it ſtand a Week longer, then ſtrain it out and bottle it.

The Walnut Water.

TAKE a peck of Walnuts in *July* and beat them pretty ſmall, then put to 'em 2 quarts of Clove-gilliflowers, 2 quarts of Poppy-flowers, 2 quarts of Cowſlip-flowers dried, 2 quarts of Marigold-flowers, 2 quarts of Sage-flowers, 2 quarts of Borage-flowers; then put to them 2 ounces of Mace beaten, 2 ounces of Nutmegs bruiſed, and 1 ounce of Cinamon bruiſed; ſteep all theſe in a Pot with a gallon of Brandy, and two gallons of the ſtrongeſt Beer; let it ſtand 24 hours, and ſtill it off.

To make Orange-flower Brandy.

TAKE a gallon of *French* Brandy, and put it in a bottle that will hold it, then boil a pound of Orange-flowers a little while, and put them to the Brandy, ſave the Water, and with that make a Syrup to ſweeten it.

A Cordial-water that may be made in Winter.

TAKE three quarts of Brandy, or Sack, put two handfuls of Roſemary and two handfuls of Balm to it, chopt pretty ſmall, 1 ounce of Cloves, 2 ounces of Nutmegs, 3 ounces of Cinamon; beat

all the Spices groſly, and ſteep them with the Herbs in the Wine, then put it in a Still paſted up cloſe; ſave near a quart of the firſt Running, and ſo of the ſecond, and of the third; when 'tis diſtill'd mix it all together, and diſſolve about a pound of double-refin'd Sugar in it, and when 'tis ſettled bottle it up.

The Golden Cordial.

TAKE two gallons of Brandy, two drams and a half of double-perfum'd Alkermes, a quarter of a dram of Oil of Cloves, one ounce of Spirit of Saffron, 3 pound of double-refin'd Sugar powder'd, a Book of Leaf-Gold. Firſt put your Brandy into a large new Bottle, then put three or four ſpoonfuls of Brandy in a *China* Cup, mix your Alkermes in it, then put in your Oil of Cloves and mix that, and do the like to the Spirit of Saffron, then pour all into your Bottle of Brandy, then put in your Sugar and cork your Bottle, and tie it down cloſe; ſhake it well together, and ſo do every day for two or three days, and let it ſtand about a Fortnight; you muſt ſet the Bottle ſo, that when 'tis rack'd off into other Bottles it muſt only be gently tilted; put into every Bottle two Leaves of Gold cut ſmall; you may put one or two quarts to the Dregs, and it will be good, tho' not ſo good as the firſt.

The Fever Water.

TAKE of *Virginia* Snake-root ſix ounces, Carduus-ſeeds four ounces, and Marigold-flowers four ounces, twenty green Walnuts, Carduus Water ſtill'd two quarts, as much hot Poppy-water, two ounces of Hartſhorn; ſlice the Walnuts and ſteep all in the Waters a Fortnight; then add to it an ounce of *London* Treacle, and diſtil it all in an Alembick paſted up; three drops of Spirit of Amber in three ſpoonfuls of this Water will deliver a Woman of a dead Child.

To make the beſt Liquid Laudanum.

TAKE a quart of Sack and half a pint of Spirit of Wine, and four ounces of Opium, two ounces of Saffron; ſlice the Opium, and pull the Saffron, and put it in a Bottle with the Sack, and Spirit of Wine, and one ounce of Salt of Tartar, and of Cinamon, Cloves and Mace, of each a dram; cork and tie down the Bottle, and ſet it in the Sun or by the Fire twenty days, pour it off the Dregs, and 'tis fit to uſe, ten, fifteen, twenty, or twenty-five Drops.

A fine Cordial Water.

BEAT two pounds of double-refin'd Sugar very well, and put to it a gallon of the beſt Brandy, ſtirring it a good while all one way; then put Confection of Alkermes one dram, Oil of Cloves one dram, Spirit of Saffron one ounce, then ſtir it one Way for a quarter of an hour, then add three ſheets of Leaf Gold and bottle it up, it will keep as long as you pleaſe.

To make Spirit of Carraways.

TAKE of Carraway Comfits two pounds, put them into a Glaſs Bottle with a wide Mouth, put upon the Carraways Spirits of Wine as much as will cover them, one dram of Ambergreaſe rubb'd to Powder, with as much fine Sugar, and tied up in a Rag, and hang it in the Bottle, and let this ſtand three Months cloſe ſtopt, then pour off the Spirit clear from the Seeds; take a little of this dropt in Beer or Ale, for Wind or Pain in the Bowels.

To cure Spleen or Vapours.

TAKE an ounce of the filings of Steel, two drams of Gentian ſliced, half an ounce of Carduus-

duus-ſeeds bruiſed, half a handful of Centaury tops; infuſe all theſe in a quart of White-wine 4 days, and drink four ſpoonfuls of the clear every Morning faſting two hours after it, and walking about; if it binds too much, take once or twice a Week ſome little purging thing to carry it off.

Hyſterical Water.

TAKE Zedoary, Roots of Lovage, Seeds of wild Parſnips, of each 2 ounces, Roots of ſingle Piony 4 ounces, of Miſletoe of the Oak 3 ounces, Myrrh a quarter of an ounce, Caſtor half an ounce; beat all theſe together, and add to them a quarter of a pound of dried Millipedes, pour on theſe 3 quarts of Mugwort-water, and 2 quarts of Brandy. Let them ſtand in a cloſe Veſſel 8 days, then diſtil it in a cold Still paſted up; you may draw off 9 pints of Water, ſweeten it to your Taſte and mix all together: This is an excellent Water to prevent Fits, or to be taken in Faintings.

A Stone Water.

TAKE Beans in Pod, and cut them in ſmall pieces, fill good part of an ordinary Still with them, and put to them two good handfuls of Yarrow, and diſtil them together in a cold Still; let the Party drink a glaſs when in Pain, and at the Changes of the Moon.

To make Poppy Brandy.

TAKE ſix quarts of the beſt and freſheſt Poppies, and cut off the black ends of them, and put them in a glaſs Jar that will hold two Gallons, and preſs them in it; then pour over it a Gallon of Brandy, ſtop the glaſs very well, and ſet it in the Sun for a Week or more; then ſqueeze out the Poppies with your Hand, and ſweeten it to your Taſte with

with double-refin'd Sugar, and put to it an ounce and half of Alkermes perfum'd, mix it well together and bottle it up. This is in imitation of red Roſa-ſolis.

To make Cherry Brandy.

TO every four quarts of Brandy, put four pounds of red Cherries, two pounds of black, and one quart of Raſpberries, a few Cloves, a Stick of Cinamon, and a bit of Orange-peel; let theſe ſtand a Month cloſe ſtopp'd, then bottle it off, put a Lump of Sugar into every bottle.

To make Citron Water.

TO a gallon of Brandy take ten Citrons, pare the outſide Rinds of the Citrons, dry the Rinds very well, then beat the remaining part of the Citrons all to maſh in a Mortar; and put it into the Brandy, ſtop it cloſe, and let it ſtand nine days; then diſtil it, then take the Rinds that are dry and beat them to Powder, and infuſe them nine days in the Spirit, and diſtil it over again; ſweeten it to your Taſte with double refined Sugar, let it ſtand in a large Jug for three Weeks; then rack it off into Bottles. This is the true *Barbadoes* Receipt for Citron Water.

Stitch Water.

TAKE a gallon of new Ale-wort, and put to it as much Stone-horſe dung from the Horſe as will make it pretty thick, add to this a pound of *London* Treacle, two penny-worth of Ginger ſliced, and ſix penny-worth of Saffron; mix theſe together, and diſtil it off in a cold Still. Take three or four ſpoonfuls at a time.

To make Carraway Brandy.

STEEP an ounce of Carraway-ſeeds, and ſix ounces of Sugar in a quart of Brandy, let it ſteep nine Days, and clear it off: 'tis a good Cordial.

The Saffron Cordial.

FILL a large Still with Marigold Flowers, and ſtrew on it an ounce of Caſe Nutmegs, that is, the Nutmegs that have the Mace on them; beat them groſly, and take an ounce of the beſt *Engliſh* Saffron, pull it, and mix it with the Flowers; then take three pints of Muſcadine or Tent, or *Malaga* Sack, and with a Sprig of Roſemary daſh it on the Flowers; then diſtil it off with a ſlow Fire, and let it drop on white Sugar-candy; draw it off till it begins to be ſowre, ſave a pint of the firſt Running to mix with other Waters on an extraordinary Occaſion; mix the reſt together to drink by it ſelf. This Cordial is excellent in Fainting, and for the Small-pox or Ague; take five or ſix ſpoonfuls at a time.

The fine Clary Water.

TAKE a quart of Borage-water, and put it in an earthen Jug, and fill it with two or three quarts of Clary-flowers freſh gathered; let it infuſe an hour over the Fire in a Kettle of Water; then take out the Flowers; and put in as many freſh Flowers; and ſo do for ſix or ſeven times together; then add to that Water two quarts of the beſt Sack, and a gallon of freſh Flowers, and two pounds of white Sugar-candy beaten ſmall; and diſtil it all off in a cold Still: Mix all the Water together when 'tis ſtill'd, and ſweeten it to your Taſte with the fineſt Sugar. This is a very

ry wholeſome Water, and the fine entertaining Water. Cork the Bottles well, and keep it cool.

To make Spirit of Saffron.

TAKE four drams of the beſt Saffron; open it, and pull it aſunder, and put it in a quart Bottle, and pour on it a pint of the ordinary Spirit of Wine, that of twelve-pence a quart; and add to it half a pound of white Sugar-candy beaten ſmall; ſtop it cloſe with a Cork, and a Bladder tied over it; ſet it in the Sun, and ſhake it twice a day, till the Candy is diſſolv'd, and the Spirit is of a deep Orange colour; let it ſtand two days longer to ſettle, and clear it off in another Bottle, and keep it for uſe. A ſmall ſpoonful for a Child; and a large one for a Man or Woman. 'Tis excellent in any peſtilential Diſeaſe: 'Tis good againſt Colds, or the conſumptive Cough.

Black Cherry Water for Children.

TAKE ſix pounds of black Cherries, and bruiſe them ſmall; then put to them the tops of Roſemary, Sweet-marjoram, Spearmint, Angelica, Balm, Marigold-flowers, of each a handful; dried Violets one ounce; Anniſeeds and ſweet Fennel-ſeeds, of each half an ounce bruiſed. Cut the Herbs ſmall, and mix all together, and diſtil them off in a cold Still. This Water is excellent for Children, giving them two or three ſpoonfuls at a time.

To make Gripe Water.

TAKE two dozen Bunches of Pennyroyal, ſhred groſly; then take Coriander-ſeeds, Anniſeeds, ſweet Fennel-ſeeds, Carraway-ſeeds; bruiſe them all, and put them to the Herbs in an earthen Pot; mix them together, and ſprinkle on them a quart of Brandy; let them ſtand all night; the next day

diſtil it off, and take ſix, ſeven, or eight ſpoonfuls of this Water, ſweeten'd with Syrup of Gilliflowers. Drink it warm, and go to bed; cover very warm, to ſweat if you can; and drink ſome of it as long as the Gripes continue.

To make the Dropſy Water.

TAKE a buſhel of pick'd Elderberries, put them in a large Tub; put in as much Water or ſtrong Beer as will cover them, and put in a quart of Ale-yeaſt, and a piece of Leaven as big as a penny Loaf; break it to pieces, and ſtir it together once or twice a day, for eight days together; then put them in a Pot, and diſtil it off in an Alembick; Draw off a gallon of Water from this quantity. It muſt be drank three times a day; in the Morning faſting, before Dinner, and laſt at Night, till you have drank up the quantity.

Lilly of the Valley Water.

TAKE the Flowers of Lilly of the Valley, and diſtil them in Sack, and drink a ſpoonful or two, as there is occaſion. It reſtores Speech to thoſe who have the dumb Palſey, or Apoplexy: It is good againſt the Gout; it comforts the Heart, and ſtrengthens the Memory; it helps the Inflammations of the Eyes, being dropt into them; and the Flowers put into a Glaſs cloſe ſtopt, and ſet into a Hill of Ants for a Month, then take it out and you will find a Liquor that comes from the Flowers, which keep in a Vial; it caſeth the Pains of the Gout, the Place affected being anointed therewith.

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To

To make Vertigo-water.

TAKE the Leaves of red Sage, Cinquefoil, Sandine and Wood Betony, of each a good handful; boil them in a gallon of Spring-water, till it comes to a quart; when 'tis cold, put into it a penny-worth of Roach-Allum, then bottle it up. When you uſe it, put a little of it in a Spoon, or in the Palm of your Hand, and ſnuff it up. Go not into the Air preſently; it muſt be made between the firſt and tenth of *May*.

Dr. Burgeſs's *Antidote againſt the Plague.*

TAKE three pints of Muſcadine, and boil therein one handful of Sage, as much Rue, Angelica Roots one ounce, Zedoary-roots one ounce, *Virginia* Snake-root half an ounce, Saffron twenty grains. Let all theſe boil till a pint be conſumed; then ſtrain it, and ſet it over the Fire again, and put therein two penny-worth of long Pepper, half an ounce of Ginger, as much Nutmegs. Beat all the Spices, and let them boil together a little, and put thereto a quarter of an ounce of Mithridate, and as much *Venice*-Treacle, and a quarter of a pint of the beſt Angelica-water: Take it warm both Morning and Evening, two ſpoonfuls if already infected; if not infected, one ſpoonful is enough for a day: Half a ſpoonful in the Morning, and as much at Night. This had great Succeſs, under God, in the Plague; 'tis good likewiſe againſt the Small-Pox, or any other peſtilential Diſeaſe.

The Lady Onſlow's *Water for the Stone.*

TAKE as much Saxafrage, as being diſtill'd will yield two quarts of Water; then take a peck of Hog's hawes, and bruiſe them well; then take Filipendula and Parſley of each three handfuls,

Parſley of Breakſtone and Mother-thyme, of each two handfuls; Marſhmallow-roots, Parſley roots, of each one handful; four large Horſe-radiſh-roots, red Nettle-ſeed and Burdock ſeed, of each one ounce; bruiſe the Seeds, cut the Herbs, and ſlice the Roots, and mix 'em well together with three quarts of White-wine, and as much new Milk from the Cow. So diſtil them and the Saxafrage-water together in a cold Still, and draw it off as long as any Water will come; the Saxafrage muſt be diſtill'd in *May*, and the other Water the latter end of *September* or *October*, when the Hawes are ripe. Let the Perſon when the Fit of the Stone cometh, take three or four ſpoonfuls of White-wine, and as much of this Water mix'd together; if the Diſtemper abate not, take ſix ſpoonfuls of this Water once in two hours till 'tis removed, you may if you pleaſe, ſweeten it with Syrup of Marſhmallows.

Centaury-water.

TAKE one pound of Gentian, and ſix pounds of green Centaury, beat the Gentian, and ſhred the Centaury, and put them into an earthen Pot, and put to them as much White-wine as will cover them, let it ſtand five days and diſtil it in an ordinary Still. This is an excellent Water. Take three or four ſpoonfuls at a time in a Morning, and faſt 2 hours after it, and uſe Exerciſe; likewiſe take it at Night an hour or two before you go to Bed.

To make Hiera-picra.

TAKE a Dram of Hiera-picra, and a Dram of Cochineal, and two Drams of Anniſeeds, beat them all very fine; then put them into a Bottle with a pint of the beſt Sack, and a pint of Brandy; ſhake them well together five or ſix days; then let it ſtand to ſettle 12 hours, ſo pour it off into another Bottle clear from the Dregs, and keep it for uſe.

Uſe. It is very good againſt the Cholick or Stomach-ach, and removes any thing that offends the Stomach. Take four Spoonfuls of it faſting, and faſt two Hours after it. You muſt take it conſtantly 3 Weeks or a Month; and it is well to drink the following Drink after it.

Take new-lay'd Eggs and break them; ſave the Shells, and pull off the Skin that is in the inſide; dry the Shells and beat them to powder; ſift them, and put ſix Spoonfuls of this Powder into a Quart of theſe Waters, half a pint of Fennel-water, half a pint of Parſly-water, half a pint of Mint-water, half a pint of Black-cherry-water. Take a quarter of a pint at a time, ſhaking the Glaſs when you pour it out. Take this 3 times a-day, at 11 in the Morning, at 3 in the Afternoon, at 8 at Night; and you ſhould take it as long as you take the *Hiera-picra*.

To make Lime-water.

TAKE a pound of unſlack'd Lime, and put it into an earthen Jug well glaz'd, and put to it a Gallon of Spring-water boiling hot; cover it cloſe till it is cold; then ſcum it clean, and let it ſtand two Days; then pour it clear off into Glaſs Bottles, and keep it for Uſe; the older the better. The Virtues are as follow.

For a Sore, warm ſome of the Water, and waſh the Sore well with it for half an Hour; then lay a Plaiſter on the Sore of ſome gentle thing, and lay a Cloth over the Plaiſter 4 or 5 doubles wet with this Water, and as it dries wet it again, and it will heal it.

For a Flux or Looſeneſs, take 2 Spoonfuls of it cold in the Morning, and 2 at Night as you go to-bed; do this 7 or 8 Days together for a Man or Woman; but if for a Child, one Spoonful at a time is enough; and if very young, half a Spoonful at a time. It will keep 20 Years, and no one who has not experienc'd it knows the Virtues of it.

A Milk-water for a cancerous Breaſt.

TAKE ſix quarts of new Milk, and four handfuls of Cranes-bill, that ſort of it that has little Buds on it, and is long in the Stalk, and four hundred of Wood-Lice, diſtil this in a cold Still with a gentle Fire; then take one ounce of Crabs-eyes, and half an ounce of white Sugarcandy, both in fine Powder; mix them together, and take a Dram of the Powder in a quarter of a pint of the Milk-water in the Morning, at Twelve at Noon, and at Night. Continue taking this three or four Months. It is an excellent Medicine.

Cock-water for a Conſumption.

TAKE an old red Cock from a Barn-door, pull him alive, then kill him and quarter him, and with clean Cloths wipe the Blood from him; then put the Quarters into a cold Still, and part of a Leg of Veal, aud put to them two quarts of old *Malaga* Sack, a handful of Thyme, as much Sweet-marjoram and Roſemary, two handfuls of Pimpernel, four of Dates ſton'd and ſlic'd, one pound of Currants, as many Raiſins of the Sun ſton'd, a pound of Sugarcandy finely beaten; when all is in, paſte up the Still; let it ſtand all Night, the next Morning ſtill it, and mix the Water together, and ſweeten it to your Taſte with white Sugarcandy. Drink 3 or 4 Spoonfuls an Hour before Dinner and Supper. Diſtil this Water in *May*.

Another Water againſt a Conſumption.

TAke a pound of Currants, and of Harts-tongue, Liverwort and Speedwell, of each a large Handful; then take a peck of Snails, lay them all Night in Hyſſop, the next Morning rub and bruiſe them, and diſtil all in a Gallon of new Milk; ſweet-

en it with white Sugarcandy, and drink of this Water 2 or 3 times a day, a quarter of a pint at a time. It has done great good.

Another Water againſt a Conſumption.

TAKE three pints of the beſt Canary, and a pint of Mint-water, three ounces of candy'd Eringo-Roots, three ounces of Dates, a quarter of an ounce of Mace, three ounces of *China*-Roots, three ounces of Raiſins ſton'd; infuſe theſe twelve Hours in an earthen Pot cloſe cover'd over a gentle Fire; when it is cold ſtrain it out, and keep it in a clean Pan or Glaſs Jar for Uſe; then make about a quart of plain Jelly of Harts-horn, and drink a quarter of a pint of this Liquor with a large Spoonful of Jelly Night and Morning for 2 or 3 Months together.

A Water to ſtrengthen the Sight.

TAKE Roſemary-flowers, Sage, Betony, Rue, and Succory, of each one handful; infuſe theſe in two quarts of Sack, and diſtil them in an Alembick. The Doſe is a Spoonful in the Morning faſting till the Water is done.

Rue-water, good for Fits of the Mother.

TAKE of Rue, green Walnuts, of each a pound, Figs a pound and an half, bruiſe the Rue and Walnuts, ſlice the Figs in thin Slices, and lay them between the Rue and Walnuts, and diſtil it off; bottle it up and keep it for Uſe. Take a Spoonful or 2 when there is any appearance of a Fit.

An opening Drink.

TAKE Pennyroyal, red Sage, Liverwort, Horehound, Maidenhair, Hyſſop, of each two

handfuls, Figs a pound, Raiſins ſton'd a pound, blue Currants half a pound, Liquoriſh, Anniſeeds, Coriander-ſeeds, of each two ounces; put all theſe in two Gallons of Spring-water, and let it boil away two or three quarts; then ſtrain it, and when it is cold put it in Bottles. Drink half a pint in a Morning, and as much in the Afternoon; keep warm, and eat little.

For a Diſtemper got by an ill Husband.

TAKE two pennyworth of Gum-dragon, pick and clean it and put it in an earthen Pot, put to it as much red Roſe-water as it will drink up; ſtir it two or three times a day, till it is all diſſolv'd into a Jelly; then put in three grated Nutmegs, and double-refin'd Sugar to your Taſte, finely powder'd, and a little Cinnamon-water, no more than will leave it in a Jelly. Take the Quantity of a Nutmeg in the Morning faſting, and laſt at Night; but firſt prepare the Body for it, by taking ſix pennyworth of *Pulvis Sanctus* in Poſſet-drink, and drink Broth in the working.

For a Cough ſettled on the Stomach.

TAKE half a pound of Figs, as many Raiſins of the Sun ſton'd, a Stick of Liquoriſh ſcrap'd and ſlic'd, a few Anniſeeds, a few ſweet Fennel-ſeeds, and ſome Hyſſop waſh'd; boil all theſe in a quart of Spring-water till it comes to a pint; ſtrain it, and ſweeten it very well with white Sugarcandy. Take two or three ſpoonfuls of it Morning and Night, and when you pleaſe.

To make Hungary-water.

TAKE four ounces of Roſemary-flowers and a pint of Spirits of Wine, infuſe it 12 Hours, and draw it off in a Glaſs Still.

A Drink

A Drink to preſerve the Lungs.

TAKE three Pints of Spring-water, put to it an Ounce of Flour of Sulphur, and let it boil on a ſlow Fire till half is conſum'd; then let it ſtand to ſettle, and ſtrain it out, and pour it on one Ounce of Liquoriſh ſcrap'd, and a Dram of Coriander-ſeeds, and as many Anniſeeds bruiſed; let it ſtand to ſettle, and drink a quarter of a Pint Morning and Night.

An excellent Snail-water.

TAKE of Comfry and Succory-roots, of each 4 ounces, Liquoriſh three ounces, the Leaves of Harts-tongue, Plantane, Ground-Ivy, red Nettles, Yarrow, Brooklime, Water-creſſes, Dandelion and Agrimony, of each two large handfuls. Gather theſe Herbs in dry Weather, and do not waſh them, but wipe them clean with a Cloth; then take 500 of Snails cleans'd from their Shells, but not ſcour'd, and of Whites of Eggs beaten up to a Water, a Pint; 4 Nutmegs groſly beaten, the yellow Rind of one Lemon and one Orange; bruiſe all the Roots and Herbs, and put them together with the other Ingredients in a Gallon of new Milk and a Pint of Canary; let them ſtand cloſe cover'd 48 Hours, and then diſtil them in a common Still with a gentle Fire; this Quantity will fill your Still twice; it will keep good a Year, and is beſt when made Spring or Fall, but it is the beſt when new; you muſt not cork up the Bottles in three Months, but cover them with Paper; it is immediately fit for Uſe; and when you uſe it take a quarter of a Pint of this Water, and put to it as much Milk warm from the Cow, and drink it in the Morning, and at four a-Clock in the Afternoon, and faſt two Hours after it. To take Powder of Crabs-eyes with it, as much as will lie on a Sixpence, mightily aſſiſts to ſweeten the Blood. When

you drink this Water be very regular in your Diet, and eat nothing ſalt or ſowre.

Eye-water.

TAKE Orrice-root ſlic'd 2 ounces, white Copperas finely beaten one ounce, put them in 3 pints of running Water, ſhake it well 3 or 4 Days, and then uſe it; if a watry Eye, you may add a bit of Bole-Armoniack.

To make Briony-water.

TAKE 12 pounds of Briony-root, pound it to maſh, then take one Quart of the Juice of Rue, one Quart of the Juice of Mugwort Leaves, of Savin three handfuls, ſweet Baſil two handfuls, Mother of Thyme, Nepp and Pennyroyal, of each three handfuls, Dittany of *Crete* and dry'd Orange-peel, of each four Handfuls, Myrrh two Ounces, Caſtor an Ounce, both powder'd, and likewiſe the Orange-peel, diſtil this off in an Alembick: firſt cut your Herbs, and put them in the bottom of your Still, then put in your Briony-root, then mix your Powders in a *China*-Diſh with ſome Sack, then pour in ſix Quarts of Sack; cloſe up your Still and draw it off.

A Water to take after taking Balſam of Tolu.

TAKE a Pint of Whites of Eggs beaten to a Froth, five Nutmegs bruis'd, two handfuls of dry'd Spear-mint, two handfuls of unſet Hyſſop, add to theſe a Gallon of new Milk, and diſtil it off in a cold Still; you may draw off about three Pints. Take ſix Spoonfuls of this Water at a time with Sugarcandy in it.

To make the true Daffy's *Elixir.*

TAke five ounces of Anniſeeds, three ounces of Fennel-ſeeds, four ounces of Parſly-ſeeds, ſix Ounces of *Spaniſh* Liquoriſh, five Ounces of Sena, one ounce of Rhubarb, three ounces of Elecampane, ſeven Ounces of Jallap, 21 Drams of Saffron, ſix Ounces of Manna, two pounds of Raiſins, a quarter of an ounce of Cocheneal, two Gallons of Brandy; ſtone the Raiſins, ſlice the Roots, bruiſe the Jallap; put them all together, keep them cloſe cover'd 15 Days, then ſtrain it out.

For any Man or Beaſt bitten by a mad Dog.

TAKE Sage Leaves and Rue, of each a good handful, two or three heads of Garlick, four Penny-worth of the beſt Treacle, a handful of the ſmalleſt Shavings of Tin or Pewter, boil all theſe in a Quart of ſtrong Ale in a Pipkin or Stone Crock, cloſe ſtopt and paſted over, and ſet it to boil in a Kettle of hot Water, and put it over the Fire for two Hours; it will be apt to fly up, therefore put a Pye-plate and Bricks upon the top of the Paſte. Give or rather pour it into the Party bitten by five or ſix ſpoonfuls at a time, according to the Strength of the Party bitten, whether it be Man or Dog, or other Creature. This muſt be given three Days before the Full or New-Moon next happening after the Party has been bitten.

Milk-Water.

TAKE two good handfuls of Wormwood, as much Carduus, as much Rue, four handfuls of Mint, as much Balm, half as much Angelica, cut theſe a little, put them into a cold Still, and put to them three quarts of Milk; let your Fire be quick

till your Still drops, then a little ſlower. You may draw off two quarts; the firſt quart will keep all the Year; this is extraordinary good in Fevers, ſweeten'd with Sugar or Syrup of Cloves.

A Powder to cure a Rupture.

IN the latter End of *March* get half a pound of Knots of Scurvygraſs before they are quite blown, one pound of Comfry-roots, half a pound of Fern-roots, one ounce of Juniper-berries, one ounce of Dragon's-blood, half a pound of the Roots of Solomon-ſeal, a quarter of an ounce of Nutmegs, a quarter of an Ounce of Mace; ſcrape your Roots very clean, and ſlice them thin, and put every ſort by themſelves in a clean Paper Bag; lay them on a clean earthen Diſh, and let them be put in a ſlow Oven till they are dry enough to powder. You muſt do the like to your Scurvygraſs, that they may be all finely powder'd and mix'd together, and kept up cloſe in a Glaſs, with Paper round it. You may in any Liquor give as much of this Powder to a young Child as will lie on a Sixpence Morning and Night; to one of Seven Years more; to a Man or Woman as much as will lie on a Shilling. Put the Powder in a Spoon and wet it, to mix; and take it 3 Weeks.

Plain Hiera-Picra.

PUT one ounce of *Hiera-Picra* into one quart of Brandy; let your Bottle hold more than a quart that you may have room to ſhake it; let it ſtand five Days near the Fire, ſhaking it often, and ſtop it cloſe. This is a good Purge; take half a quarter of a pint going to-bed, drink a Draught of warm Ale or Broth a little while after it; you may take it nine or ten Days together; it opens the Stomach, cauſes Digeſtion, prevents Green-ſickneſs, and kills Worms in Children.

A very

A very good Remedy for a hollow aching Tooth.

TAKE of Camphire and crude Opium, of each four grains; make them into three Pills, with as much Oil of Cloves as is convenient, roll them in Cotton, apply one of them to the aching Tooth, and repeat if there is Occaſion.

A Method to cure the Jaundice which has been try'd with great Succeſs.

IN the firſt place give the Patient a Vomit of the Infuſion of Crocus Metallorum, and Oxymel of Squils according to his Conſtitution; then take of Aloes and Rhubarb, of each two Scruples, of prepared Steel one Dram, Tartar vitriolated one ſcruple; make Pills with Syrup of Horehound, of which give four every Night.

Take of the Roots of Turmerick, half an ounce, Tops of Centaury the leſſer, *Roman*-Wormwood and Horehound, of each a handful, Roots of the greater Nettle two ounces; boil them in three pints of Water, to the Conſumption of half; when it is alm ſt boil'd enough, add to it Juniper-berries an ounce, yellow Sanders and Gooſe-dung made into a Nodolous, of each three Drams, Saffron two ſcruples, Rheniſh Wine a pint; when it is boil'd enough ſtrain it, and add to it compound Water of Snails and Earth-worms, of each two ounces. Take three ounces of it after each time of taking the following Electuary.

Take of the Conſerve of Sea-wormwood, of the outward Rind of Orange-peels, of each two ounces, of Species of Diacurcumæ, and prepared Steel, of each three drams, of prepared Earth-worms and Rhubarb, of each two drams, Flowers of Sal-Armoniack and Salt of Amber, of each two ſcruples, of Saffron powder'd one ſcruple, with a ſufficient

Quan-

Quantity of Syrup of Horehound; make an Electuary, of which take the quantity of a large Nutmeg twice a day, drinking three ounces of the bitter Tincture after it.

For a Rheumatiſm, or Pain in the Bones.

TAKE a quart of Milk, boil it and turn it with three pints of ſmall Beer, then ſtrain the Poſſet on ſeven or nine globules of Stone-Horſe dung tied up in a Cloth, and boil it a quarter of an hour in the Poſſet-drink; when 'tis taken off the Fire, preſs the Cloth hard, and drink half a pint of this Morning and Night hot in Bed. If you pleaſe, you may add White-wine to it. This Medicine is not good, if troubled with the Stone.

To make Treacle-water.

TAKE Juice of green Walnuts four pounds, and of Rue, Carduus, Marigolds, and Balm, of each three pounds, Roots of Butter-bur half a pound, Roots of Burdock one pound, Angelica and Maſterwort, of each half a pound, Leaves of Scordium ſix handfuls, *Venice*-Treacle and Mithridate of each half a pound, old Canary-wine two pounds, White-wine Vinegar ſix pounds, Juice of Lemons ſix pounds; diſtil this in an Alembick, and on any Illneſs take four ſpoonfuls going to bed.

To make Uſquebaugh.

TO three gallons of Brandy put four ounces of Anniſeeds bruiſed; the next day diſtil it in a cold Still paſted up; then ſcrape four ounces of Liquoriſh, and pound it in a Mortar, dry it in an Iron Pan, do not burn it, put it in the Bottle to your diſtill'd Water, and let it ſtand ten days: Then take out the Liquoriſh, and to every ſix quarts of the Spirits put in Cloves, Mace, Nutmegs, Cinamon

namon and Ginger, of each a quarter of an ounce, Dates ſtoned and ſliced four ounces, Raiſins ſtoned half a pound: Let theſe infuſe ten days, then ſtrain it out, and tincture it with Saffron, and bottle it and cork it well.

To make Mr. Denzil Onſlow's *Surfeit-Water.*

TAKE a gallon and half of the beſt Brandy, half a buſhel of Poppies, half a handful of Rue, half a handful of Wormwood, one handful of Sage, one handful of Balm, one handful of unſet Hyſop, one handful of Mint, one handful of Sweet-marjoram, half a pound of Roſa-ſolis, waſh, and pick, and dry theſe Herbs in a coarſe Cloth, then ſhred them very fine. Take half a pound of Liquoriſh ſcraped and pulled into Threads, one ounce of Coriander-ſeeds, one ounce of Anniſeeds, a few Cloves, all bruiſed, a pound of Raiſins ſtoned, one pound of Loaf-ſugar, put all theſe in an earthen Jar covered very cloſe, and ſet it in a cool Cellar, and ſtir them twice a-day till the Poppies look pale; put a little Saffron in with the other Ingredients, ſtrain it off into another Jar, and in a Fortnight, when 'tis ſettled, bottle it.

Mix the Herbs that are ſtrained from it with Milk; diſtil it; 'tis a Cordial Milk-water.

An approv'd Medicine for the Dropſy.

TAKE about three ſpoonfuls of the beſt Muſtard-ſeed, and about a handful of Bay-berries, the like quantity of Juniper-berries, one ounce of Horſe-radiſh, and about half a handful of Sage of Virtue, as much Wormwood Sage, and half a handful of Scurvy-graſs, and a quarter of a handful of ſtinking Orach, and a little ſprig of Wormwood, a ſprig of green Broom, and half an ounce of Gentian-root; ſcrape, wipe, and cut all theſe, and

and put them into a Bottle that will hold a gallon; then fill the Bottle with the beſt ſtrong Beer you can get; then ſtop it cloſe, and let it ſtand three or four days, and drink every Morning faſting half a pint.

A Remedy for Rheumatick Pains.

TAKE of Sena, Hermodacts, Turperhum and Scammony, of each two drams; of Zedoary, Ginger and Cubebs, of each one dram; mix them and let them be powdered; the Doſe is from one dram to two, in any convenient Vehicle. Let the Parts affected be anointed with this Liniment: Take Palm Oil two ounces: Oil of Turpentine one ounce, Volatile Salt of Hartſhorn two drams; afterwards lay on a Plaiſter of Mucilaginibus. Some that have been very much troubled with Rheumatick Pains, have, by taking of Spirit of Hartſhorn in compound Water of Earth-Worms, found mighty Benefit.

An excellent Medicine for the ſpotted, and all other malignant Fevers.

TAKE of the beſt *Virginia* Snake-Weed, and Root of Contrayerva finely powder'd, of each half a ſcruple, *Goa*-ſtone half a ſcruple, Caſtor and Camphire, of each five Grains; make them into a Bolus, with a ſcruple of *Venice*-Treacle, and as much Syrup of Peony as is ſufficient; to repeat the Bolus every ſix hours, drinking a Draught of the following Julep after it.

Take of Scorzonera-roots two ounces, Butterbur-roots half an ounce, of Balm and Scordium, of each an handful, of Coriander-ſeeds three drams, of Liquoriſh, Figs, and Raiſins, of each an ounce: let them boil in three pints of Conduit-water to a quart, then ſtrain it, and add to it compound

Peony Water three ounces, Syrup of Raſpberries an ounce and half. Let the Patient drink of it plentifully.

A Specifick Cure for ſtopping Blood.

TAKE two ounces of clarified Roch-Allum let it be finely powder'd, and melt it in a ſilver Ladle; then add to it half an ounce of Dragon's b ood in Powder, and mix them well together; then take it off the Fire, keeping it ſtirr'd till it come to the conſiſtence of a ſoft Paſte, fit for making up into Pills; make your Pills into the bigneſs of a large Pea; and as the Paſte cools, warm it again to ſuch a degree, as the whole quantity may be made into Pills. This Medicine is proper in all Caſes of violent Bleeding, without exception. The ordinary or uſual Doſe is half a grain; to be taken once in four hours, till the Bleeding ſtops; taking a glaſs of Water or Ptiſan after it, and after every Doſe; and another of the ſame Liquor a quarter of an hour after. In violent Caſes, give half a dram for a Doſe.

To make Stoughton's *Elixir.*

PARE off the Rinds of ſix *Sevil*-Oranges very thin, and put them in a quart Bottle, with an ounce of Gentian ſcrap'd and ſliced, and ſix pennyworth of Cocheneal; put to it a pint of the beſt Brandy; ſhake it together two or three times the firſt day, and then let it ſtand to ſettle two days, and clear it off into Bottles for uſe. Take a large Tea ſpoonful, in a glaſs of Wine in a Morning, and at four in the Afternoon: Or you may take it in a diſh of Tea.

An Electuary for a Cough.

TAKE Conſerve of Red-roſes two ounces, Conſerve of Hips one ounce, *Lucatellus*'s Balſam half

half an ounce; Spices of Hiatragacanth frigid one dram, Syrup of Balſam three drams; mix all together well; take the quantity of a ſmall Bean three times a day.

Excellent Lozenges for a Cough.

TAKE a pound of brown Sugar-candy, and a pound of Loaf-ſugar; beat and ſearce them through a fine Sieve. Take an ounce of the Juice of Liquoriſh, and diſſolve it in three or four ſpoonfuls of Hyſop water over a gentle Fire; then mix your Sugar and Sugar-candy with one dram of Orace-powder, one dram of the Powder of Elicampane, of Gum-dragant powder'd half a dram; add one dram of the Oil of Anniſeeds, and one grain of Muſk: Mix all theſe together, and work it into a Paſte; and roll them into Lozenges the bigneſs of a Barley-corn, or ſomething larger.

To promote Breeding.

LET the Party take of the Syrup of ſtinking Orace a ſpoonful night and morning for a Week or more; then as follows: Take three pints of good Ale, boil it in the Piths of three Ox-Backs, half a handful of Clary, a handful of Nep (or Cat Bos,) a quarter of a pound of Dates ſtoned, ſliced, and the Pith taken out; a handful of Raiſins of the Sun ſtoned, three whole Nutmegs prick'd full of holes. Boil all theſe till half be waſted; ſtrain it out, and drink a ſmall Wine-glaſs full at your going to Bed. As long as it laſts accompany not with your Huſband. During the taking, or ſome time before, be very chearful, and let nothing diſquiet you.

Take Shepherd's-purſe a good handful, and boil it in a pint of Milk till half be conſumed, and drink it off.

For a Burn or Scald.

TAKE Laurel Leaves, chop them in Hog's Greaſe; ſtrain it, and keep it for uſe.

To make Necklaces for Children in cutting Teeth.

TAKE Roots of Henbane, of Orpin and Vervain; ſcrape 'em clean with a ſharp Knife, cut them in long Beads, and ſtring them green; firſt Henbane, then Orpin, then Vervain; and ſo do till 'tis the bigneſs of the Child's Neck. Then take as much red Wine as you think the Necklace will ſuck up, and put into it a dram of red Coral, as much ſingle Peony-root finely powder'd. Soak your Beads in this 28 hours, and rub the Powder on the Beads, Syrup of Lemons, and Syrup of ſingle Peony, is excellent to rub the Child's Gums with very frequently.

A Medicine for the Cholick, which not only gives Eaſe in the moſt violent Fits, but alſo, being often uſed, prevents their returning.

TAKE of the beſt Manna, and Oil of ſweet Almonds, of each an ounce and half; of Camomile-flowers boiled in Poſſet-drink an handful, let the Poſſet-drink be ſtrained from the Flowers, and mingled very well with the Oil of Almonds and Manna; let the Patient take it three days ſucceſſively, and afterwards every third day for a Fortnight.

A Receipt for a Conſumptive Cough.

TAKE of the Syruy of white and red Poppies of each three ounces, of Barley, Cinamon-water,

water, and red Poppy-water, of each two ounces, of Tincture of Saffron one ounce, Liquid Laudanum forty drops, and as much Spirit of Sulphur as will make it acid. Take three or four ſpoonfuls of it every Night going to bed; increaſe or diminiſh the Doſe according as you find it agrees with you.

To make the Eye Salve.

TAKE of freſh Butter out of the Churn, unſalted and unwaſhed, two pound; ſet it in a glaſs Jar in the Sun to clarify three Months; then pour very clear off about a quarter of a pound, and put to it an ounce of Virgin Wax; when 'tis melted, put it into white Roſe-water to cool, and beat it in the Water half an hour, then take it out from the Water, and mix it with half an ounce of rectified Tutty finely powder'd, and two Scruples of Maſtick beaten and bruiſed as well as poſſible; mix all well together, and put it in Pots for uſe; take a very little in your Fingers when in Bed; ſhut your Eye, and rub it over the Lid and Corner of your Eye.

An excellent Medicine for the Pain in the Stomach.

TAKE of Tinctura Sacra (or Tincture of Savory) one ounce in the Morning, faſting an hour, then drink a little warm Ale; do this twice or three times a Week till you find Relief.

For a Pain in the Stomach.

TAKE a quarter of a pound of blue Currants, wipe them clean and pound them in a Mortar with an ounce of Anniſeeds bruiſed; before you put them to the Currants, make this into a Bolus with a little Syrup of Clovegilliflowers. Take every

every Morning the quantity of a Walnut, and drink Roſemary Tea inſtead of other Tea for your Breakfaſt; if the Pain returns, repeat it.

For a Stitch in the Side.

TAKE Roſin, pound and ſift it, and with Treacle mix it into an Electuary, and lick it up often in the Day or Night.

To cure an intermitting Ague and Fever, without returning.

TAKE Jeſuits Bark in fine Powder, one Ounce, Salt of Steel and *Jamaica* Pepper, of each a quarter of an Ounce, Treacle or Moloſſoes four Ounces, mix theſe together, and take the quantity of a Nutmeg three times a Day when the Fit is off, and a Draught of warm Ale or White-wine after it.

Dr. Hall's *Plaiſter for an Ague.*

TAKE one Penny-worth of Black Soap, one Penny-worth of Gunpowder, one Ounce of Tobacco Snuff and a Glaſs of Brandy; mix theſe in a Mortar very well together, ſpread Plaiſters on Leather for the Wriſts, and lay them on an Hour before you expect the Fit.

Excellent for a Burn or Scald.

TAKE of Oil of Olive three Ounces, white Wax two Ounces, Sheep Suet one Ounce and half, Mimium and Caſtle-Soap, of each half an Ounce, Dragon's Blood and Camphire, of each three Drams, make them into a Salve by melting them together; anoint with Oil to take out the Fire, then put the Plaiſter on; dreſs it every Day.

To prevent or cure the Plague.

TAKE three pints of Muſcadine Wine, boil in it a handful of Sage, and as much Rue, till a pint is waſted; then ſtrain it out and ſet it on the Fire again, and put therein long Pepper, Ginger, Nutmegs, of each three parts of an ounce beaten together in fine Powder; let it boil a little, then put to it two ounces of Treacle, one ounce of Mithridate, and a quarter of a pint of Angelica-water, diſſolve the Treacle and Mithridate in the Angelica-water, then mix all together. Take of it both Morning and Evening, warm, two ſpoonfuls; if infected, take it in Bed and ſweat with it; but if not infected, one ſpoonful in the Morning may be ſufficient, and not lie to ſweat after it. You may take half a ſpoonful at Night; this is good in the Small-pox or Meaſles. It was uſed in the Sickneſs-Year with great Succeſs both to young and old.

Water in a Conſumption, or in Weakneſs after Sickneſs.

TAKE a Calf's Pluck freſh kill'd, before the Veal is blown; take out the Pluck, but don't waſh it, cut it in pieces and put it in a cold Still, but firſt put at the bottom of your Still a ſheet of white Paper well butter'd, then put in your Pluck, with Mint, Balm, Borage, Hyſop, and Oak-Lungs, of each about two handfuls, wipe and cut the Herbs, but not waſh them; put in a gallon of new Milk warm from the Cow, paſte up the Still, and let it drop on white Sugar-candy; it will draw off about ſeven pints, mix it together, and bottle it for uſe. Drink a quarter of a pint in the Morning, and as much at four in the Afternoon.

A Stay to prevent a ſore Throat in the Small-Pox.

TAKE Rue, ſhred it very fine, and give it a bruiſe; mix with it Honey and Album-Græcum, and work it together; put it over the Fire to heat, ſew it up in a Linen Stay, and apply it to the Throat pretty warm: As it dries repeat it.

To prevent Pitting, and to take off Redneſs.

TAKE Rue and chop it, boil it in Hog's-lard till 'tis green; ſtrain it out and keep it for uſe. Warm a little in a Spoon, and with a Feather anoint the Face as they begin to ſhell off; do it as often as convenient.

An admirable Cerecloth.

TAKE a pound of Frankincenſe beaten fine, and a pound of Roſin beaten, a pound of black Pitch, and four ounces of Cummin-ſeeds powder'd, four Penny-worth of Saffron dried and powdered, four Penny-worth of Mace beaten and ſifted, four Penny-worth of Cloves beaten fine, an ounce of Liquid Laudanum, and a pound of Deer-ſuet.

Seaſon a new Pipkin; firſt lay it in cold Water, then boil Water in it, and ſet it by till 'tis cold; then dry it and put in your Deer-ſuet, and let it melt, ſhaking it about as you do for melting Butter; then put in your Frankincenſe, Roſin, Pitch, Cummin-ſeed, Saffron, Mace, Cloves, and ſet 'em over the Fire and let them have a boil or two; then take them off and ſet it by a little, and then ſprinkle in your Liquid Laudanum; let it ſimmer a lit-

a little, take it off, and when 'tis fit to ſpread, ſpread it on the thickeſt brown Paper, and uſe it on occaſion. 'Tis good for Bruiſes, Aches, Pains, Burns, Scalds, and ſore Breaſts; wipe the Plaiſter every day, and put it on again; one or two Plaiſters will do.

For the Cholick.

TAKE of Camomile-flowers, and Mallow-Leaves, of each a handful; Juniper-berries, and Fœnugreek Seeds, of each half an ounce; let the Seeds and Berries be bruiſed, boil them in a pint of Water, add to it ſtrain'd, of Turpentine diſſolv'd, with the yolk of an Egg and Oil of Camomile, of each an ounce, Diacatholicon 6 drams, Hiera Picra two drams, mix and give it; after the Operation of the Clyſter, give the Patient the following Mixture: Take of Rue and Camomile-water, of each an Ounce, Cinamon-water an Ounce, Liquid Laudanum twenty drops, Syrup of white Poppies an ounce.

How to make the Lime-Drink, famous for curing the Stone.

TAKE a good half peck of Lime-ſtones new burnt, and put them into four gallons of Water, ſtir it well at the firſt putting in, then let it ſtand and ſtir it again; as ſoon as it is very well ſettled, ſtrain off the clear into a large Pot, and put to it 4 ounces of Saſſafras, and four ounces of Liquoriſh, ſliced thin, Raiſins of the Sun ſtoned one pound, half a pound of blue Currants, Mallows and Mercury of each a handful, Coriander, Fennel and Anniſeeds, of each an ounce; let the Pot ſtand cloſe covered for nine days, then ſtrain it, and being ſettled, pour the cleareſt of it into Bottles; you may drink half a pint of it at a time, as often as you pleaſe; in your Morning's Draught

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put a dram of Winter Cherries powdered, This has cured ſome that have been ſo tormented with the Stone in the Bladder, that they could not make Water, after they had in vain tried abundance of other Remedies.

A Receipt for the Cure of the Stone and Gravel, whether in the Kidneys, Ureters, or Bladder.

TAKE Marſhmallow Leaves, the Herb Mercury, Saxifrage, and Pellitory of the Wall, of each freſh gather'd, 3 handfuls; cut them ſmall with a pair of Sciſſars, and mix them together, and pound them in a clean Stone Mortar, with a Wooden Peſtle, till they come to a Maſh, then take them out, ſpread them thin, in a broad glaz'd Earthen Pan, and let them lie, ſtirring them about once a day, till they are thoroughly dry, (but not in the Sun) and then they are ready, and will keep good all the Year long. Of ſome of theſe Ingredients ſo dried, make Tea, as you do common Tea, with boiling-hot water, as ſtrong as you like to drink it, but the ſtronger the better, and drink 3, 4, or more Tea-Cups full of it Blood-warm, ſweeten'd with coarſe Sugar, every Morning and Afternoon, putting into each Cup of it, at leaſt half a Spoonful, or rather more, of the expreſs'd Oil of Beech Nuts, freſh drawn, (which in this Caſe has been experienced to be vaſtly preferable to Oil of Almonds, or any other Oil) ſtirring them about together, and ſo to continue it for as long as you ſee Occaſion.

This Medicine, how ſimple ſoever it may ſeem to ſome, is yet a fine emollient Remedy, is perfectly agreeable to the Stomach, (unleſs the Beech Oil be ſtale or rancid) and will be found to ſheath and ſoften the Aſperity of the Humours in general, particularly thoſe that generate the Gravel and Stone, and will relax and ſupple the Solids, at the ſame time: And it is well known by all Phyſicians,

that emollient Medicines to lubricate, widen and moiſten the Fibres, ſo as to relax them into their proper Dimenſions, without forcing the Parts, whereupon Obſtructions of the Reins and Urinary Paſſages are opened, and by their cleanſing Properties, as is this Medicine, cleared of all Lodgments of ſandy Concretions, Gravel and paſſable Stones, and made to yield better to the Expulſion of whatever may plug or ſtop them up, and likewiſe takes away, as this does, all Heat and Difficulty of Urine and Stranguries, and withal, by its ſoft mucilaginous Nature, cools and heals the Reins, Kidneys, and Bladder, giving preſent Eaſe in the Stone Cholick, breaks away Wind, and prevents its Return, as it always keeps the Bowels laxative.

A late Modern College Phyſician of our own, a Man of Learning and Probity, and who for his great Ingenuity and Sincerity was much eſteem'd and reſpected by every Member of that Venerable Body, ſays, in his Writings about the *Stone* and *Gravel*, of one of the Ingredients in this Medicine, that *ſome People have extoll'd it prodigiouſly for its* Lithontriptick *or Stone-breaking Qualities; and in Favour of ſuch an Opinion, ſay, that a certain Perſon, who had a very large Stone in his Bladder, which was taken from him by Cutting, made a Cup of it, which he uſually drank out of; but as he once had ſome Beer put into it, which had that Ingredient boiled in it, the Cup fell to pieces in his Hands, which ſudden Diſſolution of it was attributed to the ſaid Ingredient.* But whether this Relation be real or feign'd, or all or either of the Ingredients capable of making frangible, or mouldring into Fragments, the Stone bred in Human Bodies, (as are the Virtues aſcribed to them, and to one of them more particularly) or whether it be poſſible for any thing in Nature to do it, I ſhall not undertake to determine; but this is certain, that all the Ingredients that enter the Compoſition of this Medicine are particularly noted

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and preſcribed, tho' in different Ways, as Occaſions offer, by all Ancient and Modern Phyſicians, both in their Writings and Practice, in all Caſes of Gravel, Stone, Strangury, Stoppage of Urine, *&c.* with great Succeſs.

Such as know not where to get the TRUE NUT OIL, may have the Right Sort, and very good, at Mrs. *Goddard*'s, at the *Golden Ball in Burleigh-ſtreet*, near *Exeter-Exchange* in the *Strand*, at one Shilling and Six-pence the Vial.

An excellent Vomit.

TAKE a quarter of a pound of clear Allum, beaten and ſifted as fine as Flour, divide it into three parts, the firſt the biggeſt: put a quarter of a pint of Water in a Saucepan, and put in your biggeſt Paper of Allum, and let it ſimmer over the Fire, but not boil; take it off, cool it to blood warm; drink it off, but take nothing after it, ſit ſtill till it has work'd once, keep very warm, nor take nothing in the working; but you may walk about after it has work'd once; take it three Mornings together, or more if there be occaſion, till the Stomach is clear. There is no Caſe where a Vomit is proper, but this is good.

A fine Purge.

TAKE an ounce of Liquoriſh, ſcrape it and ſlice it thin, and a ſpoonful of Coriander-ſeeds bruiſed, put theſe into a pint of Water and boil it a little; then ſtrain this Water into an ounce of Sena, let it ſtand ſix hours; ſtrain it from the Sena and drink it faſting.

A purging Diet-drink in the Spring.

TAKE ſix Gallons of Ale, three ounces of Rhubarb, 12 ounces of Sena, 12 ounces of

Mader-roots, 12 ounces of Dock-roots, 12 handfuls of Scabious, 12 handfuls of Agrimony, three ounces of Aniſeed; ſlice and cut theſe, put them in a Bag and let it work in the Ale; Drink of it three or four times a Day.

For a ſore Mouth in Children.

TAKE half a pint of Verjuice, ſtrain into it four ſpoonfuls of the Juice of Sage; boil this with fine Sugar to a Syrup, and with a Feather anoint the Mouth often, touch it not with a Cloth, or rub it: The Child may lick it down, it will not hurt it.

To create a good Appetite, and ſtrengthen the Stomach.

TAKE of the Stomatick Pill with Gums, Extractum Rudii, of each a dram, Reſin of Jalap half a ſcruple, Tartar vitriolated one ſcruple, Oil of Anniſeeds, four drops; mix with Syrup of Violets, and make into Pills, of which take four or five over Night; they are of excellent uſe in the Megrims and Vertigo, by reaſon they carry the Humour off from the Stomach, which fumes up into the Head.

A very good Medicine for the Bloody-Flux.

TAKE of the beſt Rhubarb finely powdered half an ounce, of red Sanders two drams, Cinamon one dram, Crocus Martis Aſtringent three drams, of *Lucatellus*'s Balſam what ſuffices; make a Maſs of Pills, of which take three every Night and Morning for a Fortnight. This has cured ſome that have loſt a vaſt quantity of Blood, after other Remedies had proved ineffectual.

For red or ſore Eyes.

TAKE a quarter of an ounce of white Copperas, and an ounce of Bole-Armoniac, beat them to a fine Powder, and beat an ounce of Camphire groſly in an Iron Mortar; ſet two quarts of Spring-water on the Fire, when it boils take it off, and let it ſtand till 'tis lukewarm, then put in your Powders, ſtirring till cold: Drop the clear in the Eye.

For a Pain in the Stomach, or Heavineſs of Heart.

TAKE a pint of Roſe-water, put to it ſome double-refin'd Sugar, and a Pennyworth of Saffron ty'd up in a piece of Lawn; let it ſtand two or three Days, and then at any time take three ſpoonfuls.

For Fits from Wind or Cold.

TAKE three drops of Oil of Amber in ſome burnt Wine, or Mace-Ale. If it is given in black Cherry Water, it is good to forward Labour in Childbed.

To make the red Balls.

TAKE Rue, Dragon, Roſemary, Sage, Balm, Betony, Plantane, Pimpernel, Dandelion, Scabious, Wormwood, Mugwort, Saxafrage, Red-bramble-top, Tormentil, Shepherds-purſe, Lovage, Carduus, Centaury, Angelica, Agrimony, Fumitory, Scordium, of each one handful; gather theſe in dry Weather, pick and chop them, put them in a broad Pan, and pour on them a pint of White-wine, and let it ſtand nine or ten Days in the Sun, ſtirring it ſometimes; then ſtrain it out, ſqueezing

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it with your Hand, wipe your Pan clean, and put in your Juice, with half an ounce of Powder of Pearl prepar'd, half an ounce of *Venice* Treacle, half an ounce of Powder of Coral, Powder of Crabs Claws two ounces, one ounce of double Confection of Alkermes, and of Bole-Armoniack powdered, as much as will make it the thickneſs of a Syrup; let it ſtand in the Sun to dry two or three days, or till it will roll up into Balls, what ſize you pleaſe; if 'tis too thin uſe more Bole-Armoniac; dry them well, and keep them for uſe: Scrape as much as will lie on a Sixpence, and take it in a Glaſs of Sack, or ſmall Cordial, going to Bed.

To make Elixir Proprietatis.

TAKE of Myrrh four drams, Aloes four drams, Saffron four drams, infuſe them in a pint of the beſt Brandy; firſt put in the Saffron, and let it ſtand 12 hours, then the Myrrh and Aloes; ſet it by the fire three or four days, ſhaking it very often; then ſtrain it off. Take 60 or 70 drops, more or leſs, in a little White-wine, in a Morning faſting, for a Week or ten days together; 'tis good for any Illneſs in the Stomach, or in the Bowels. 'Tis the beſt of Phyſick for Children.

To cure a Pimpled Face.

TAKE an ounce of live Brimſtone, as much Roch-Allum, as much common Salt; white Sugar-candy two drams, Sperma-Cete two drams; pound and ſift all theſe into a fine Powder, and put it in a quart Bottle; then put to it half a pint of Brandy, three ounces of white Lilly-water, and three ounces of Spring-water; ſhake all theſe well together, and keep it for uſe. When you uſe it, ſhake the Bottle, and bathe the Face well, and when you go to Bed, dip Rags in it, and lay it all over the Face, in 10 or 12 days it will be perfectly cured.

A Purge

A Purge for Hoarſeneſs, or any Illneſs on the Lungs.

TAKE four ounces of the Roots of Sorrel, of Hyſop and Maiden-hair, of each half a handful; Raiſins a quarter of a pound ſtoned, Sena half an ounce, Barley-water two quarts; put all theſe in a Jug, and infuſe them in a Kettle of Water two hours, ſtrain it out and take a quarter of a pint Morning and Night.

An Electuary for a Cold or Windy Stomach.

TAKE Gum-Ganicum one ounce, Cubebs a quarter of an ounce, Cardamums a quarter of an ounce; beat and ſift all theſe, and mix it with Syrup of Gilly flowers into an Electuary. Take Night and Morning the quantity of a Nutmeg; drink a little warm Ale after it.

An Electuary for a Pain in the Stomach.

TAKE Conſerve of Wood-ſorrel and Mithridate an equal Quantity, mix it well together, and take Night and Morning the quantity of a Nutmeg; ſo do for fifteen days together.

To keep Artichokes all the Year.

IN the latter end of the Seaſon boil them till they be half a enough, and then dry them upon a hair Cloth upon a Kiln the ſpace of 50 hours, till they are very dry; lay them in a dry place; when you uſe them ſoak them a Night in Water, and boil them till they are tender.

To keep Walnuts all the Year.

ALMOST in the latter end of the Seaſon take off the green Shell of your Nuts, and dry them on a Hair-cloth on the Kiln 40 Hours; when they are dry keep them for Uſe; when you would uſe them ſoak them three Days in Water, ſhifting them three times a day.

To make Ink.

GET one pound of the beſt Galls, half a pound of Copperas, a quarter of a pound of Gum-arabick, a quarter of a pound of white Sugarcandy; bruiſe the Galls, and beat your other Ingredients fine, and infuſe them all in three quarts of White-wine or Rain-water, and let them ſtand hot by the Fire 3 or 4 Days; then put all into a new Pipkin, ſet it on a ſlow Fire, ſo as not to boil; keep it frequently ſtirring, and let it ſtand five or ſix Hours, till one quarter is conſum'd, and when cold ſtrain it thro' a clean coarſe piece of Linen; bottle it and keep it for Uſe.

To waſh Gloves.

TAKE the Yolk of an Egg and beat it, and egg the Gloves all over, and lay them on a Table, and with a hard Bruſh and Water rub them clean; then rinſe them clean, and ſcrape white Lead in Water pretty thick, and dip the Gloves in; let them dry, and as they begin to dry, ſtretch and rub them till they be limber, dry, and ſmooth; then gum them with Gum-dragon ſteep'd in ſweet Water, and let them dry on a Marble Stone. If you colour them, ſcrape ſome of the following Colours amongſt the white Lead; the dark Colour is Umber; for Brick Colour red Lead; for a Jeſſamy yellow Oaker;

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for Copper-colour red Oaker; for Lemon-colour Turmerick.

To make Paſte for Hands.

BLANCH and beat a pound of bitter Almonds, and in the beating put in two handfuls of ſtoned Raiſins, and beat them together till they are very fine; then take three or four Spoonfuls of Sack or Brandy, as much Ox-Gall, three or four Spoonfuls of brown Sugar, the Yolks of three Eggs; beat it well together; ſet it over the Fire and give it two or three boils; when it is almoſt cold mix it with the Almonds, put it in Gallipots; the next Day cover it cloſe, and keep it cool, and it will be good 5 or 6 Months.

MEDICINES *and* SALVES.

To cure the Rickets.

OPEN a Vein in both Ears between the Junctures, mix a little *Aqua-vitæ* with the Blood, and with it anoint the Breaſt, Sides and Neck; then take three Ounces of the green Ointment, and warm a little of it in a Spoon, and anoint the Wriſts and Ancles as hot as it may be endur'd; do this for nine Nights juſt before Bed-time; ſhift not the Shirt all the time. If the Veins do not appear, rub it with a little Lint dipt in *Aqua-vitæ*, or elſe cauſe the Child to cry, and that will make the Veins more viſible, and bleed the better.

To

To make the Drink.

TAKE a quart of Spring-water, of Liverwort one handful, Liquoriſh, Anniſeeds, Coriander-ſeeds, ſweet Fennel-ſeeds and Hartſhorn, of each an equal quantity, 40 Raiſins of the Sun ſton'd, 14 Figs; boil all theſe together till one half is conſumed, then put in three ſpoonfuls of Honey, and boil it a little more; let it ſtand till it is cold and ſtrain it out, and put in two ſpoonfuls of Syrup of Gilliflowers, and bottle it up; take two or three ſpoonfuls Morning and Evening.

The green Ointment.

TAKE Rue, Camomile, Hyſſop, Hogs-Fennel, red Fennel, Roſemary, Bays, Ladies-mantle, Pauls-Betony, Water-Betony, Balm, Nep, Valerian, Mallows, Nightſhade, Plantane, Comfry, Adders-tongue, Roman Wormwood, common Wormwood, Vervain, Clary, Agrimony, red Sage, Ground-Ivy, Featherfew, Self-heal, Melilot, Bramble-tops, Marſh-mallows, Sanicle, Ribwort, Mayweed, of each of theſe two large handfuls; pick and chop them, then take four pounds of Butter unwaſh'd, and 3 pounds of Boars-Greaſe, melt them together, and put in the Herbs, and let it boil two Hours; then ſtrain it out, let it ſtand a little, and put it in Pots for Uſe.

Another Way to cure the Rickets.

MAKE the Drink thus: Take Polypodium growing upon a Church or Oak three Ounces ſcrap'd, Liverwort and Harts-tongue, of each a good handful, Betony 20 Leaves, white Horehound and Nep, of each four tops; boil all theſe together in 3 quarts of ſweet Wort till it is conſum'd to 2 quarts; then ſtrain it, and when it is cold put to it 2 quarts

of

of middling Wort, ſo let it work together; then put it in a little Veſſel, and when it has done working, take half a quarter of an Ounce of Rhubarb ſliced very thin, put it in a little Linen Bag, with a Stone in it to keep it from ſwimming, and hang it in the Veſſel, and when it is three Days old let the Child drink of it a quarter of a Pint in the Morning, and as much in the Afternoon at Four a-Clock, or when the Child will take it; you muſt likewiſe anoint the Child Morning and Night with this following Ointment. Take Butter in the Month of *May*, as ſoon as it is taken out of the Churn, and waſh it with the Dew of Wheat; to a pound of Butter take a handful of red Sage, as much of Rue, Camomile, and of ſow'd Hyſſop; boil all theſe in the Butter, and ſcum it till it is boil'd clear; then ſtrain it out, and keep it in a Gallipot for Uſe; you muſt anoint the Reins of the Back and the Ribs, ſtroking it downwards, and upon the Small of the Belly, and ſwing the Child often with the Heels upwards.

To make Charity-Oil.

TAKE Poplar Buds in the beginning of *May* one handful, and put them into a Pint and half of Oil and half a Pint of *Aqua-vitæ*, and cover them cloſe, and let them ſtand till the following Herbs are in ſeaſon; then add to your Buds, Betony, Charity, Sanicle, the Tops of St. John's-wort, when blown; Adders-tongue, Comfry, Self-heal, Balm, Southernwood, Pennyroyal, Flowers of red Sage, Parſly, Clowns All-heal, Balſam, Knotgraſs, Sweet-marjoram, Lavender-Cotton, red Roſe-buds, Camomile, Lavender-tops when blown; of each of theſe Herbs a ſmall handful, but of Poplar-buds, red Roſe-buds, and Adders-tongue, double the Quantity; gather the Herbs in dry Weather, and wipe them clean with a Cloth; ſhred them pretty groſly before you put them in, ſo let them ſteep in a Stone Pot; when all

is in cover it very cloſe, then ſet them on the Fire in a Skillet, let them ſimmer with a ſlow Fire five or ſix Hours, then ſtrain it out. This Oil is good for any green Wound, Bruiſe, Burn, or Ach; and for Bruiſes inward, taking a ſpoonful in a little warm Sack; and for any outward Swelling, warm it and anoint the Part affected.

An excellent Plaiſter for any Pain occaſion'd by a Cold or Bruiſe.

TAKE of the Plaiſter of red Lead and Oxycroceum, of each equal Parts; of the beſt *Theban* Opium one Scruple, ſpread it on Leather and lay it to the Part that akes, after you have well anointed it with this Ointment: Take of Ointment of Marſhmallows one Ounce, Oil of *Exeter* half an Ounce, Oil of Spike and Spirit of Hartſhorn, of each a Dram.

For a Dropſy.

TAKE of Horſe-Radiſh Roots ſlic'd thin, and ſweet Fennel-ſeeds bruis'd, of each two ounces; Smallage and Fennel-Roots ſlic'd, of each an Ounce; of the Tops of Thyme, Winter-Savory, Sweet-marjoram, Water-Creſſes and Nettles, of each a handful; bruiſe the Herbs, and boil them in three Pints of Sack and three of Water to the Conſumption of half; let it ſtand cloſe cover'd for 3 Hours, then ſtrain it, and drink a Draught of it twice a-day ſweeten'd with Syrup of Fennel, faſting two Hours after it.

For the Gripes.

TAKE a Glaſs of Sack warm'd and diſſolve in it as much *Venice-Treacle* or *Diaſcordium* as a Hazel-Nut, drink it off going to-bed; cover warm.

To

To ſtay a Looſeneſs.

TAKE a very good Nutmeg, and prick it full of Holes, and toaſt it on the pint of a Knife; then boil it in Milk till much be conſumed; then eat the Milk with the Nutmeg powder'd in it, in a few times it will ſtop.

For the Strangury.

TAKE half a pint of Plantane-water, one ounce of white Sugar-candy finely powder'd, two ſpoonfuls of Sallad Oil, and the Juice of a Lemon; beat all theſe together very well, and drink it off.

For a Drought in a Fever.

TAKE of Sal-prunella one ounce, and diſſolve it in Spring-water, and put as much Sugar to it as will ſweeten it; ſimmer it over the fire till 'tis a Syrup; and put ſome into Poſſet-drink, and take it two or three times a-day, or when very thirſty.

A Plaiſter for an Ague.

TAKE right *Venice* Turpentine, and mix with it the Powder of white Hellebore roots, till 'tis ſtiff enough to ſpread on Leather. It muſt be laid all over the Wriſt, and over the Ball of the Thumb ſix hours before the Fit comes.

For a Chin-Cough.

TAKE a ſpoonful of Wood-lice and bruiſe 'em, and mix them with Breaſt-Milk, and take them three or four Mornings, according as you find Benefit. It will cure; but ſome muſt take longer than others.

An admirable Tincture for green Wounds.

BAlſam of *Peru* one ounce, Storax Calamita two ounces, Benjamin three ounces, Aloes Socatrina, Myrrh, Electuary pure, and Frankincenſe, of each half an ounce, Angelica-roots and Flowers of St. *John's*-wort of each half an ounce, Spirit of Wine one pint; beat the Drugs, ſcrape and ſlice the Roots, and put it into a Bottle, ſtop it well, and let it ſtand in the Sun *July*, *Auguſt*, and *September*, and then ſtrain it through a fine Linen-Cloth; put it in a Bottle, ſtop it cloſe, and keep it for uſe. Apply it to a green Wound, dip a Feather in it, and anoint the Wound; then dip Lint in it, and put on it, and bind it up with a Cloth; but let no Plaiſter touch it; twice a-day wet the Lint with a Feather, but not take it off till 'tis well.

To take off Blackneſs by a Fall.

RUB it well with a cold Tallow-Candle as ſoon as 'tis bruiſed, and this will take off the Blackneſs.

To break a Boil.

TAKE the Yolk of a new-laid Egg, ſome Honey and Wheat-flower, and mix it well together, and ſpread it on a Rag, and lay it on cold.

A Poultice for a Hard Swelling.

BOIL the fineſt Wheat-flour in Cream till 'tis pretty thick, then take it off and put in Mallows chopt, ſtir it and apply it as hot as can be endured; dreſs it twice a-day, and make freſh every time.

To ſtay Vomiting.

TAKE Aſh-leaves and boil them in Vinegar and Water, and apply them hot to the Stomach; do this often.

A Poultice for a Sore Breaſt, Leg, or Arm.

BOIL Wheat-flour in ſtrong Ale very well, and pretty thick, then take it off and ſcrape in ſome Boar's-Greaſe; let it not boil after the Greaſe is in, ſtir it well, and apply it hot.

A Salve for a Blaſt, Burn, or Scald.

TAKE *May* Butter freſh out of the Churn, neither waſh'd nor ſalted, and put into it a good quantity of the green inner Rind of Elder, and put it in a Pipkin, and ſet that in a Pot of boiling Water; let it infuſe a Day or two, then ſtrain it out, and keep it in a Pot for uſe.

An excellent Remedy for Agues, which has been often tried with very great Succeſs.

TAKE of Black-ſoap, Gun-powder, ſtinking Tobacco and Brandy, of each an equal quantity, mix them well together, and three hours before the Fit comes apply to the Patient's Wriſt; let this be kept on for a Fortnight.

To cure the Biting of a Mad Dog.

TAKE two quarts of ſtrong Ale, two penny-worth of Treacle, two Garlick-heads, an handful of Cinquefoil, Sage and Rue: Boil them all to-

gether to a quart; ſtrain it, and give the Patient three or four Spoonfuls twice a day: Take Dittany, Agrimony, and ruſty Bacon, beaten well together, and apply to the Sore to keep it from feſtering.

For Spitting Blood.

TAKE of Cinnaber of Antimony one ounce, and mix it with two ounces of Conſerve of red Roſes, and take as much as a Nutmeg at Night and Morning.

To know if a Child has Worms or not.

TAKE a piece of white Leather, and peck it full of Holes with your Knife, and rub it with Wormwood, and ſpread Honey on it, and ſtrew the Powder of Aloes Socratina on it; lay it on the Child's Navel when he goes to Bed, and if he has Worms, the Plaiſter will ſtick faſt, and if he have not it will fall.

To ſtop Vomiting.

TAKE half a pint of Mint-water, an ounce of Syrup of Violets, a quarter of an ounce of Mithridate, and half an ounce of Syrup of Roſes; mix all theſe well together, and let the Party take two ſpoonfuls firſt, and then one ſpoonful after every Vomiting till 'tis ſtay'd.

To cure the Tooth-ach.

LET the Party that is troubled with the Tooth-ach lie on the contrary ſide, and drop three drops of the Juice of Rue into the Ear on that ſide the Tooth acheth, and let it remain an hour or two and it will remove the Pain. If a Needle is run thorough a Wood-louſe, and immediately touch the aching Tooth with that Needle, it will ceaſe to ach.

A rare Mouth-water.

TAKE Roſemary, Rue, Celandine, Plantane, Bramble-leaves, Woodbine-leaves, and Sage, of each an handful; beat them and ſteep them in a quart of the beſt White-wine Vinegar two Days and Nights, then preſs it well and ſtrain it, and put to it ſix ounces of Allum, and as much Honey, and boil them a little together ſoftly till the Allum is conſumed; when 'tis cold keep it for uſe.

To make Lozenges for the Heart-burn.

TAKE of white Sugar-candy one pound, Chalk three ounces, Bole-armoniac five Scruples, Crabs-eyes one ounce, red Coral four Scruples, Nutmegs one Scruple, Pearl two Scruples; let all theſe be beaten and ſifted, and made all into a Paſte with a little Spring-water, roll it out and cut your Lozenges out with a Thimble, lay them to dry. Eat four or five at a time as often as you pleaſe.

To make Syrup of Garlick.

TAKE two heads of Garlick, peel it clean and boil it in a pint of Water a pretty while, then put away that Water and put a pint more to your Garlick, and boil it till the Garlick is tender; then ſtraining it off, add a pound of double-refin'd Sugar to it, and boil it in Silver or Tin till 'tis a thick Syrup; ſcum it well and keep it for uſe; and take a ſpoonful in a Morning faſting, another laſt at Night, for a ſhort Breath.

To prevent After-pains.

TAKE nine ſingle Piony-ſeeds powder'd, the ſame Quantity of Powder of Borax, and a little Nutmeg; mix all theſe with a little white

Anniſeed-water in a Spoon, and give it the Woman; and a little Anniſeed-water after it as ſoon as poſſible after ſhe is laid in Bed.

To cure the Tooth-ach.

TAKE half an ounce of Conſerve of Roſemary over Night, and half a Dram of Extract of Rudium in the Morning; do this three times together; keep warm.

To cure the Jaundice.

TAKE a live Tench, ſlit it down the Belly; take out the Guts, and clap the Tench to the Stomach as faſt as poſſible, and it will cure immediately.

To ſtop bleeding at Mouth, Noſe or Ears.

IN the Month of *May* take a clean Linen Cloth, and wet it in the Spawn of Frogs nine Days, drying it every Day in the Wind; lay up that Cloth, and when you have need, hold it to the place where the Blood runs, and it will ſtop.

Another to ſtop bleeding.

TAKE two handfuls of the tops of Bramble-wood, and boil it in a quart of old Claret till it comes to a pint, give ſix Spoonfuls once in half an hour. In the Winter the Roots will do.

To cure the Dropſy.

TAKE ſix Gallons of Ale pretty ſtrong, but little hopt, then take Alexander, red Sage, Scurvy-graſs, Ground-Ivy, and the long green Leaves of Flower-de-luce, of each two handfuls; bruiſe theſe well, and boil them well in Ale; then

ſtrain it out, and when 'tis cool work it as other Ale; put it in your Veſſel, and when 'tis clear drink of it in a Morning faſting, and drink no other drink except White-wine; ſometimes drink good draughts of it at a time.

An excellent Medicine for Shortneſs of Breath.

TAKE half an ounce of Flour of Brimſtone, a quarter of an ounce of beaten Ginger, and three quarters of an ounce of beaten Sena, and mix all together in four ounces of Honey; take the bigneſs of a Nutmeg Night and Morning for five days together; then once a Week for ſome time; then once a Fortnight.

For Shortneſs of Breath.

TAKE two quarts of Elder-berry juice when very ripe, put one quart in a Pipkin to boil, and as it conſumes, put in the reſt by a little at a time, boil it to a Balſam, it will take five or ſix Hours in boiling; take a little of it Night and Morning, or any time.

To cure a pimpled Face and ſweeten the Blood.

TAKE Sena one ounce, put it in a ſmall Stean Pot, and pour a quart or more of boiling Water on it; then put as many Prunes as you can get in; cover with Paper, and ſet it in the Oven with Houſhold-bread, and take of this every day, one, two or three, or more of the Prunes and Liquor, according as it operates. Continue this always, or at leaſt half a Year.

To cure the Dropſy, Rheumatiſm, Scurvy, and Cough of the Lungs.

TAKE *Engliſh* Orris-roots, Squills, and Elecampane-roots, each one ounce, Hyſop and Hoarhound-leaves, each one handful, the inner rind of green Elder and Dwarf-Elder, of each one handful, Sena one ounce and half, Agarick two Drachms, Ginger one Drachm; cut the Roots thin and bruiſe the Leaves, and put them into two quarts of the beſt *Liſbon* Wine; let theſe boil an hour and half on a gentle Fire in an earthen Mug very cloſe ſtopp'd with a Cork, and tied down with a Bladder that no Air come to it, and ſo ſet it in a large Pot of boiling Water; ſet it ſo that no Water get into the Mug, which muſt hold three quarts, that all the Ingredients may have room to go in; when 'tis almoſt cold, ſtrain it out very hard; you muſt ſcrape the Elder downwards. Take this for a Week together if you can, and then miſs a Day, and if that does not do, go on with your other Bottle of the ſame; take it in a Morning faſting, ten ſpoonfuls at a time, without any Poſſet-drink, it will both vomit and purge you; 'tis an unpleaſant Taſte, therefore take a Lump of Sugar after it; when 'tis quite cold, after 'tis ſtrained off, let it ſtand in a Flaggon to ſettle a Night and a Day; then bottle it up clear and fine for Uſe. 'Tis an admirable Medicine.

To ſtop Bleeding.

TAKE a pint of Plantane-water, put to it two ounces of Iſing-glaſs, and let it ſtand twenty-four Hours to diſſolve; pour it from the Dregs, and put in a pint of good red Port-wine, and add to it three or four Sticks of Cinamon, and two ounces of double-refin'd Sugar; give it a boil or two, and pour it off; let the Party take two or three Spoonfuls two or three times a day.

To cure a Cancer.

TAKE a dram of the Powder of Crabs-Claws finely ſearced and made into Paſte with Damaſk Roſe-water, and dried in Pellets of Lozenges; powder the Lozenges as you uſe them, and drink the Powder in Whey every Morning faſting. If there be a Sore, and it is raw, anoint it with a Salve made of Dock-roots and freſh Butter, make a Seaton or Iſſue in the Neck; keep a low Diet, keep from any thing that is ſalt, ſowre, or ſtrong.

To cure the Joint-Evil.

TAKE good ſtore of Elder Leaves, and diſtil them in a cold Still; let the Perſon drink every Morning and Evening half a pint of this Water, and waſh the Sores with it Morning and Evening, firſt warming it a little, and lay freſh Elder Leaves on the Sores, and in a little time you will find they will dry up; but be ſure to follow it exactly, it has cured when all other Remedies have failed.

For the Green-Sickneſs.

TAKE Centuary the leſs, and Wormwood and Roſemary-flowers, of each one handful, Gentian-root one dram, Coriander-ſeeds two drams; boil theſe in a quart of Water, ſweeten it with Syrup of Steel, and take four or five Spoonfuls in the Morning, and as much in the Afternoon.

To take off Freckles.

TAKE Bean-flower Water, or Elder-flower Water, or *May*-Dew gather'd from Corn, of either the quantity of four Spoonfuls, and add to it one Spoonful of Oil of Tartar very new drawn; mix

mix it well together, and often waſh the Face with it: Let it dry on.

To make Pomatum.

TAKE almoſt a dram of white Wax, two drams of Sperma-Cete, one ounce of Oil of bitter Almonds, ſlice your Wax very thin, and put it in a Gallipot, and put the Pot in a Skillet of boiling Water; when the Wax is melted, put in your Sperma-Cete, and juſt ſtir it together; then put in the Oil of Almonds; after that take it off the Fire, and out of the Skillet, and ſtir it till cold with a Bone Knife; then beat it up in Roſe-water till 'tis white; keep it in Water, and change the Water once a day.

A Salve for a Sprain.

TAKE a quarter of a pound of Virgin's-Wax, a quarter of a pound of Frankincenſe, half a pound of Burgamy-pitch, melt them well together, ſtirring them all the while till they are melted, then give them a good boil, and ſtrain them into Water; work it well into Rolls, and keep it for uſe; the more 'tis work'd the better 'tis. Spread it on Leather.

A rare green Oil for Aches and Bruiſes.

TAKE a pottle of Oil of Olives, and put it into a Stone Pot of a gallon with a narrow Mouth; then take Southernwood, Wormwood, Sage and Camomile, of each four handfuls, a quarter of a peck of red Roſe-buds, the white cut from them; ſhred them together groſly, and put them into the Oil, and once a day for nine or ten days ſtir them well, and when the Lavender-ſpike is ripe, put four handfuls of the Tops in, and let it ſtand three or four days longer, and cover'd very cloſe; then boil them an hour upon a ſlow Fire, ſtirring it often;

often; then put to it a quarter of a Pint of the ſtrongeſt *Aqua-vitæ*, and let it boil an Hour more; then ſtrain it thro' a coarſe Cloth, and let it ſtand till it is cold, and keep it in Glaſſes for Uſe; warm a little in a Spoon or Saucer, and bathe the Part affected.

To take out Spots of the Small-Pox.

TAKE half an ounce of Oil of Tartar, and as much Oil of bitter Almonds, mix it together, and with a fine Rag daub it often on the Face and Hands, before the Air has penetrated into the Skin or Fleſh.

For the Cholick.

TAKE a Dram and a half of Dr. *Holland*'s Powder, and mix it in a little Sack and take it, and drink a Glaſs of Sack after it; it gives preſent Eaſe.

An approv'd Remedy againſt Spitting of Blood.

TAke of the Tops of ſtinging Nettles, Plantane Leaves, of each a like Quantity; bruiſe them and ſtrain the Juice out, and keep it cloſe ſtopt in a Bottle, of which take three or four Spoonfuls every Morning and Evening ſweeten'd with Sugar of Roſes; the Juice of Comfry-roots drank with Wine is alſo very good; let the Patient be blooded at firſt, and ſometimes gently purg'd; but if there happens to be any inward Soreneſs, occaſion'd by ſtraining, this Electuary will be very convenient, *viz.* Take an Ounce of *Lucatellus*'s Balſam, of Conſerve of Roſes two Ounces, twelve Drops of Spirit of Sulphur, to be made into a ſoft Electuary with Syrup of white Poppies; the Doſe is the Quantity of a Nutmeg every Morning and Evening.

A R ceipt

A Receipt that cur'd a Gentleman who had a long time ſpit Blood in a great Quantity, and was waſted with a Conſumption.

TAKE of Hyſſop-water, and of the pureſt Honey, of each a Pint; of Agrimony and Coltsfoot, of each a handful; a Sprig of Rue, brown Sugarcandy, Liquoriſh ſlic'd, Shavings of Hartſhorn, of each two ounces, Anniſeeds bruis'd one Ounce, of Figs ſlic'd, and Raiſins of the Sun ſton'd, of each four Ounces; put them all into a Pipkin with a gallon of Water, and boil it gently over a moderate Fire till half is conſum'd; then ſtrain it, and when it is cold put it into Bottles, being cloſe ſtopt; take four or five Spoonfuls every Morning, at Four in the Afternoon, and at Night the laſt thing; if you add freſh Water to the Ingredients after the firſt Liquor is ſtrain'd off, you will have a pleaſant Drink to be us'd at any time when you are dry.

For the Scurvy.

TAKE a pound of Guaiacum-Bark, and half a pound of Saſſafras, and a quarter of a pound of Liquoriſh, boil all theſe in three quarts of Water till it comes to three pints, and when it is cold put it in a Veſſel with two Gallons of Ale, in 3 or 4 Days it is fit to drink, and drink no other Drink for 6 or 12 Months, according to the Violence of the Diſtemper; it will certainly cure.

For the Jaundice.

TAKE ſome Tares (ſuch as you feed Pigeons with) and dry them in an Oven, and beat them to powder, and ſift them, and take a Spoonful of

of that Powder in a Morning faſting, and drink half a Pint of White-wine after it, and do this for three Mornings together, and it will cure tho' very far gone.

For Corns on the Feet.

TAke the Yeaſt of Beer (not of Ale) and ſpread it on a Linen Rag, and apply it to the Part affected; renew it once a-day for 3 or 4 Weeks; it will cure.

For Chilblains.

ROAST a Turnip ſoft, beat it to maſh, and apply it as hot as can be endur'd to the Part affected; let it lie on two or three Days, and repeat it two or three times.

To ſtop bleeding inwardly.

TAKE two Drams of Henbane-ſeed, and the like of white Poppy-ſeed, beat them up with Conſerve of Roſes, and give the quantity of a Nutmeg at a time; or take twelve handfuls of Plantane Leaves, and ſix ounces of freſh Comfry-roots; beat theſe and ſtrain out the Juice, and add to it ſome fine Sugar, and drink it off.

To ſtop Vomiting.

TAKE a large Nutmeg, grate away half of it, and then toaſt the flat ſide till the Oil ouze out; then clap it to the Pit of the Stomach; let it lie ſo long as it is warm, repeat it often till cur'd.

To kill a Tettar.

TAKE Flour of Brimſtone, Ginger and burnt Allum a like quantity; mix it with freſh Butter unſalted, anoint as hot as can be endur'd at Bed-

Bed-time; in the Morning waſh it off with Celandine-water heated; while this is continu'd the Party muſt ſometimes take Cordials, to keep the Humour from going inward.

An Ointment for a Blaſt.

TAke Velvet Leaves and wipe them clean, and chop them ſmall, and put them to unſalted Butter out of the Churn, and boil them gently till the goodneſs is out of the Leaves, then ſtrain it into a Gallipot, and keep it for Uſe. Lay Velvet Leaves over the Part after it is anointed.

A Poultice to ripen Tumours.

TAKE half a pound of Figs, two Ounces of white Lilly-roots, two ounces of Bean-flour or Meal; boil theſe in Water till it comes to a Poultice; ſpread it thick on a Cloth, apply it warm, and ſhift it as often as it grows dry.

For the Teeth.

TAKE a Pint of Spring-water, put to it ſix Spoonfuls of the beſt Brandy, waſh the Mouth often with it, and in the Morning roll a bit of Allum a little while in the Mouth.

For a Drought in a Fever.

MAKE Barley-water, ſweeten it with Syrup of Violets, and tincture it with Spirit of Vitriol; let them drink ſometimes of this; put *Salprunella* in Beer or Poſſet-drink, and ſometimes drink of that; and if they are ſick or faint, give a Spoonful of Cordial in a Diſh of Tea.

A Powder that has reſtor'd Sight when almoſt loſt.

TAKE of Betony, Celandine, Saxifrage, Eye-bright, Pennyroyal and Leviſticum, of each one handful; of Anniſeeds and Cinnamon, of each half an ounce; take alſo of Grains of Paradiſe, Ginger, Hyſſop, Parſly, Origany, Oſier of the Mountain, of each one dram; Galingal and Sugar, of each one ounce; make all into a fine Powder, and eat of it every Day with your Meat ſuch a quantity as you us'd to eat of Salt, and inſtead of Salt; Oſier, you muſt have that at the Phyſick-Garden.

For a Cough ſettled on the Stomach.

TAKE half a pound of Figs ſlic'd, Raiſins of the Sun ſton'd as many, and a Stick of Liquoriſh ſcrap'd and ſlic'd, a few Anniſeeds, and ſome Hyſſop waſh'd clean; put all theſe in a quart of Spring-water, boil it till it comes to a pint, then ſtrain it, and ſweeten it with white Sugarcandy. Take 2 or 3 Spoonfuls Morning and Night, and when the Cough troubles you.

To cure a Dropſy.

TAKE of Horſe-Radiſh Roots, ſlic'd the long way as thin as you can, two Ounces; ſweet Fennel-roots ſlic'd two Ounces, ſweet Fennel-ſeeds beaten two Ounces, the Tops of Thyme, Winter-ſavory, ſweet Marjoram, Water-creſſes and Nettle-tops, of each one handful, wip'd and ſhred ſmall; boil theſe in three pints of Spring-water, a quart of Sack, and a pint of White-wine; cover it cloſe and let it boil till half be conſum'd; then take it off the Fire, and let it ſtand to ſettle three Hours; then ſtrain it out, and to every Draught put in an ounce of the Syrup of the five Roots, which you may have

ready

ready made at an Apothecary's. Take this in the Morning faſting, and at Three a-Clock in the Afternoon, and faſt three Hours after it. If the Party have the Scurvy (which uſually goes with the Dropſy) then add a ſpoonful of the Juice of Scurvygraſs to each Draught.

An excellent Method to cure the Dropſy.

TAKE a good quantity of black Snails, ſtamp them well with Bay-Salt, and lay to the hollow of the Feet, putting freſh twice a-day; take likewiſe an handful of Spear-mint and Wormwood, bruiſe them, and put them in a quart of Cream, which boil till it comes to an Oil, then ſtrain, and anoint thoſe Parts which are ſwell'd. Take of the Tops of green Broom, which after you have dry'd in an Oven, burn upon a clean Hearth to Aſhes, which mingle very well with a quart of White-wine; let it ſtand all Night to ſettle, and in a Morning drink half a pint of the cleareſt, at Four in the Afternoon and at Night going to-bed do the ſame. Continue laying the Poultice to your Feet, and drinking the White-wine for three Weeks together; this Method has been often us'd with Succeſs.

An experienc'd Eye-water to ſtrengthen the Sight, and prevent Cataracts.

TAke of Eyebright-tops two handfuls, of Celandine, Vervain, Betony, Dill, Ground-pine, Clary, Avens, and Pimpernel, of each an handful, Roſemary-Flowers an handful, of Capon's-Gall and Aloes bruis'd, of each half an ounce, of Long-pepper a Dram; infuſe 24 Hours in two quarts of White-wine, then draw it off in a Glaſs Still; drop the Water with a Feather into the Eye often.

For

For Stuffing in the Lungs.

TAKE white Sugar-candy powder'd and ſifted two ounces, *China*-roots powder'd and ſifted one ounce; Flower of Brimſtone one ounce. Mix theſe with Conſerve of Roſes, or the Pap of an Apple; and take the bigneſs of a Walnut in the Morning, faſting an hour after it; and the laſt at Night, an hour after you have eaten or drank.

To cure Spitting of Blood, if a Vein is broken.

TAKE Mice-dung beaten to Powder, as much as will lie on a Sixpence; and put it in a quarter of a pint of the Juice of Plantane, with a little Sugar: Give it in the Morning faſting, and at Night going to Bed. Continue this ſome time, and it will make whole, and cure.

To give Eaſe in a violent Fit of the Stone.

TAKE a quart of Milk, and two handfuls of dried Sage, a pennyworth of Hempſeed, one ounce of white Sugar-candy: Boil all theſe together a quarter of an hour, and then put in half a pint of Rheniſh-wine. When the Curd is taken off, with the Ingredient, put it in a Bag, and apply it to the grieved Part; and of the Liquor drink a good Glaſs full. Let both be as hot as can be endured. If there is not Eaſe the firſt time, warm it again, and uſe it: It ſeldom fails.

For the Strangury.

TAKE three Spoonfuls of the Juice of Camomile in a ſmall Glaſs of White-Wine, thrice a day, for three days together.

To procure eaſy Labour.

TAKE half a pound of Figs, half a pound of Raiſins of the Sun ſtoned, four ounces of Liquoriſh ſcraped and ſliced; one ſpoonful of Anniſeeds bruiſed; boil all theſe in two quarts of Spring-water till one pint is waſted; then ſtrain it out, and drink a quarter of a pint of it Morning and Evening ſix Weeks before the time.

To procure ſpeedy Delivery when the Throws are gone.

TAKE half a dram of Borax powder'd, and mixed with a Glaſs of White-wine, ſome Sugar, and a little Cinamon-water; if it does no good the firſt time, try it again two hours after, ſo likewiſe the third time.

To bring the After-Birth.

GIVE 30 or 35 drops of Oil of Juniper in a good Glaſs of Sack.

To prevent After-Pains.

TAKE half an ounce of large Nutmegs and toaſt them before the fire, and one ounce of the beſt Cinamon, and beat them together; then mix it with the whites of two Eggs, beating it together in a Porringer, and take every Morning in Bed as much as will lie on the point of a Knife, and ſo at Night; and drink after it the following Caudle:

Take a quarter of a pint of *Alicaut* Wine or Tent, a quarter of a pint of Red-roſe-water, and a quarter of a pint of Plantane-water; mingle all three together, and beat three new-laid Eggs, yolks and Whites,

Whites, and make a Caudle of them; put into it two ounces of double-refin'd Sugar, a quarter of an ounce of Cinamon; you muſt boil the Cinamon in the Wine and Water before the Eggs are in; and after all is mixed, put to it half a dram of the Powder of Knot-graſs; take of this ſix ſpoonfuls Morning and Evening after the Electuary.

Another for the ſame.

TAKE a ſmall quantity of Bole-Armoniac, and boil it in new Milk. Let the Party drink of it Morning and Evening, if it be either a Woman with Child, or in Child-bed.

Take alſo ſome Hog's-dung, and wrap it in a fine linen Rag, warm it well, and put it to the lower part of the Belly, and it will ſtop immediately.

To ſtop Floodings.

TAKE the White of an Egg, and beat it well with four or five ſpoonfuls of red Roſe-water, and drink it off morning and night nine mornings together; it has cured when all other things have failed.

Let the Party often take Iſing-glaſs boiled or diſſolved in warm new Milk, a pint at a time.

A Plaiſter for a Weakneſs in the Back.

TAKE Plantane, Comfry, Knot-graſs, Shepherd's-purſe, of each one handful; ſtamp them ſmall, and boil them in a pound of Oil of Roſes, and a little Vinegar; when 'tis well boil'd ſtrain it, and ſet it on the fire again, and put into it four ounces of Wax, one ounce of Chalk, Bole-Armoniac one ounce, and Terra-ſigillata one ounce; boil all well, keeping it ſtill ſtirring, then cool it, and make it into Rolls, and keep it for uſe; ſpread it on Leather when you lay it to the Back.

A Drink for the ſame.

TAKE four Roots of Comfry, and of Knotgraſs and Clary one handful, a ſprig of Roſemary, a little Galengal, a good quantity of Cinamon and Nutmeg ſliced, the Pith of the Chine of an Ox. Stamp and boil all theſe in a quart of Muſcadine, then ſtrain it, and put in ſix yolks of Eggs; ſweeten the Caudle to your Taſte with double-refin'd Sugar, and drink a good Draught Morning and Evening. Take of Crocus Martis and Conſerve of red Roſes mixed together three or four times a day.

For a Flux.

TAKE a pint of new Milk, and diſſolve in it half a quarter of a pound of Loaf-ſugar, as much Mithridate as the bigneſs of a Walnut; give this for a Clyſter moderately warm; repeat it once or twice if there be Occaſion.

For the Falling down of the Fundament.

TAKE Ginger and ſlice it, and put it in a little Pan, heat it by clear well kindled Coals, and put it in a Cloſeſtool. Let the Party ſit over it, and receive the Fume; caſt in the Ginger by little and little, and keep warm.

To increaſe Milk in Nurſes.

MAKE Gruel with Lentils, and let the Party drink freely of it; or elſe boil them in Poſſet-drink, which they like beſt.

A good Purge.

INfuſe an ounce of Sena in a pint of Water till half be conſumed; when 'tis cold, add to it one

one ounce of Syrup of Roſes, and one ounce of Syrup of Buckthorn; mix them well together. This quantity makes two ſtrong Purges for either Man or Woman, and four for a Child.

To prevent Miſcarrying.

TAKE of Dragons-blood the weight of a ſilver Two-pence, and a dram of red Coral, the weight of two Barley-corns of Ambergreaſe, the weight of three Barley-corns of *Eaſt-India* Bezoar; make all theſe into a very fine Powder, and mix them well together, and keep them cloſe in a Box; and if you are frighted, or need it, take as much at a time as will lie on a Penny, and keep very ſtill and quiet. Take it in a Caudle made with Muſcadine or Tent, and the Shucks of Almonds dried and beaten to Powder, and thicken it with the yolks of Eggs. Take it in a Morning faſting, and at Night going to Bed; this do till you are out of Danger, and lay the following Plaiſter to the Back:

Take *Venice* Turpentine, and mix with it Bole-Armoniac, and ſpread it on black-brown Paper the length and breadth of a hand, and lay it to the Small of the Back, keeping Bed.

For the Green-ſickneſs.

TAKE an ounce of the Filings of Steel, or ruſty Iron beaten to Powder, and mix it with two ounces of the flour of Brimſtone; then mix it up into an Electuary with Treacle; the Party muſt take the quantity of a Nutmeg in the Morning faſting, and at four in the Afternoon, and continue it till cured.

To procure a good Colour.

TAKE Germander, Rue, Fumitory, of each a good handful, one penny-worth of Saffron

tied up in a Rag, half a pound of blue Currants bruiſed; ſtamp the Herbs, and infuſe all theſe Ingredients in three pints of Sack over a gentle Fire till half be conſumed, drink a quarter of a pint Morning and Evening, and walk after it; repeat this quantity once or twice.

You may add a ſpoonful of the following Syrup to every Draught. Take three ounces of the Filings of Steel, and put it in a Glaſs Bottle with a dram of Mace and as much Cinamon, pour on them a quart of the beſt White-wine, ſtop it up cloſe, and let it ſtand 14 days, ſhaking the Bottle every Day; then ſtrain it out into another Bottle, and put two pound of fine Loaf-ſugar to it finely beaten; let it ſtand till the Sugar is diſſolved without ſtirring it; then clear it into another Bottle, and keep it for uſe.

A Receipt for the Gout.

THE following Preſcription of the Celebrated Meſſieurs *Boerhaave* and *Oſterdyke*, for the Cure of the Gout, has been tried with ſo much Succeſs by a Gentleman who was afflicted with that Diſtemper from the Age of 15 to upwards of 40, and is now, as he hopes, perfectly cured of it, and is returning (with all proper Caution) to his uſual (temperate) Manner of living; and it has beſides done ſo much Good to ſeveral others to whom the Salutary Regimen has been communicated, that he thinks he cannot do a more acceptable Service to the Publick, nor make a better Acknowledgment for the Benefit he has received by it, than to publiſh the ſame for the general Good of his Fellow Creatures: And though he cannot anſwer for it, that it may have the ſame happy Effects on every Conſtitution that it has had with him, yet he doubts not that the Innocence of the Method preſcribed, and the diſintereſted Manner in which he offers it to the Publick, will be a ſufficient Juſtification of his good Intentions, and a better Recommendation of its Genu-

Genuineneſs and Efficacy, than any Thing he can ſay further on this Subject.

Profeſſors BOERHAAVE *and* OSTERDYKES's *Regimen preſcrib'd for the Gout.*

THey are of opinion that the Gout is not to be cur'd by any other Means but by a Milk Diet, which will in twelve Months time alter the whole Maſs of Blood; and in order thereto, the following Directions muſt be ſtrictly obſerv'd and follow'd:

I. You muſt not taſte any Liquor, only a Mixture of one third Milk and two thirds Water, your Milk as new as you can get it, and to drink it as often as you have occaſion for it, without adding any other to it. A little Tea and Coffee is likewiſe permitted, with Milk.

II. In a Morning as ſoon as awake, and the Stomach has made a Digeſtion, you muſt drink eight Ounces of Spring Water, and faſt two hours after; then eat Milk and Bread, Milk-Pottage, or Tea with Milk, with a little Bread and freſh Butter.

III. At Dinner you muſt not eat any thing but what is made of Barley, Oats, Rice, or Millet Seed, Carrots, Potatoes, Turnips, Spinage, Beans, Peaſe, *&c.* You may likewiſe eat Fruit wnen full ripe, baked Pears or Apples, Apple-Dumplins, but above all Milk and Biſket is very good, but nothing ſalt or ſour, not even a Seville-Orange.

IV. At Supper you muſt eat nothing but Milk and Bread.

V. It is neceſſary to go to Bed betimes, even before nine o'Clock, to accuſtom your ſelf to ſleep much, and uſe your ſelf to it.

VI. Every Morning before you riſe, to have your Feet, Legs, Arms and Hands, well rubb'd with Pieces of Woollen Cloth for half an Hour, and the ſame going to Bed. This Article muſt be ſtrictly obſerved, for by this Means the Humours,

Knobs, and Bunches will be diſſipated, and prevent their fixing in the Joints, by which they become uſeleſs.

VII. You muſt accuſtom your ſelf to Exerciſe, as riding on Horſe-back, which is beſt, or in any Coach, Chaiſe, *&c.* the more the better; but take Care of the Cold Weather, Winds, and Rain.

Laſtly, In caſe a Fit of the Gout ſhould return, and be violent, which they are of Opinion will not, then a little Doſe of Opium, or Laudanum, may be taken to compoſe you; but no oftner than Neceſſity requires. They are of Opinion, that your Father or Mother having the Gout, is of no Conſequence if you will reſolve to follow the foregoing Directions ſtrictly.

For the Gout.

TAKE a pound of Bees-Wax, and half a pound of Roſin, of Clibanum four ounces, of Litharge of Gold finely powder'd, and white Lead, of each twelve ounces; of Neat's-foot Oil, a pint. Set the Oil, together with the Bees-Wax and Roſin, over the Fire; as ſoon as they are melted, put in the Powders, keeping it continually ſtirring with a Stick; as ſoon as it is boiled enough, take it off the Fire, and pour it on a Board anointed with Neat's-foot Oil, and make it into Rolls; apply this Plaiſter, ſpread on Sheep's Leather, to the Part affected; once a Week take of Caryocoſtinum, the quantity of a large Nutmeg diſſolved in White-Wine, keeping your ſelf warm after it; by applying this Plaiſter, and taking the Caryocoſtinum, there are many which have found very great Benefit.

For the Piles.

TAKE of the Tops of Parſley, of Mullet, and of Elder-buds, of each one handful; boil in a ſufficient quantity of freſh Butter till it looks green, and

and has extracted the Smell of the Herbs; ſtrain, and anoint the Place with it three or four times a day.

A bitter Draught.

TAKE of the Leaves of Roman Wormwood, the the Tops of Centaury and St. Johns-wort, of each a ſmall handful, Roots of Gentian ſlic'd two Drams, Carraway-ſeeds half an ounce; infuſe theſe in half a Pint of Rheniſh and three Pints of White-wine for four or five Days; take a quarter of a Pint in a Morning, filling up the Bottle, and it will ſerve two or three Months.

For the Piles.

TAKE calcin'd Oyſter-ſhells, mix it with Honey, and anoint the Part tenderly Night and Morning.

Another for the ſame.

TAke a Sheet of Lead, and have a piece of Lead made like a Slickſtone, then between them two grind white Lead and Sallet-Oil till it is very fine, put it in a Gallipot for Uſe. If the Piles are inward, cut a piece of old Tallow Candle, and dip it in this Ointment and put it up; if outward, put ſome on a fine Rag and put it to them.

For the Hemorrhoides inflam'd.

LET the Party dip their Finger in Balſam of Sulphur made with Oil of Turpentine, and anoint the place two or three times a-day.

For Coſtiveneſs.

TAKE Virgin-Honey a quarter of a pound, and mix it with as much Cream of Tartar as will bring it to a pretty thick Electuary, of which take the

the bigneſs of a Walnut when you pleaſe; and for your Breakfaſt eat Water-gruel with common Mallows boil'd in it, and a good piece of Butter; the Mallows muſt be chopt ſmall, and eaten with the Gruel.

To raiſe a Bliſter.

THE Seeds of *Clemmatis Peregrina* being bound hard on any Place, will in an Hour or two raiſe a Bliſter, which you muſt cut and dreſs with Melilot Plaiſter or Colewort Leaves, as other Bliſters.

Likewiſe Leaven mix'd with a little Verjuice, and about half a pennyworth of *Cantharides* Flies, and ſpread on Leather the bigneſs you pleaſe, will in nine or ten Hours raiſe a Bliſter, which dreſs as uſual.

Plaiſter for the Feet in a Fever.

TAKE of Briony-Roots one pound, Tops of Rue a handful, black Soap four Ounces, and Bay-Salt two Ounces; beat all theſe in a Maſh, and out of this ſpread on a Cloth for both Feet; apply it warm, and ſew Cloths over them, and let them lie 12 Hours; if there be occaſion renew them three times.

A Drink for a Fever.

TAKE a quart of Spring-water, and boil in it an ounce of burnt Hartſhorn, a Nutmeg quarter'd, a Stick of Cinnamon; let it boil a quarter of an Hour; when it is cold, ſweeten it to your Taſte with Syrup of Lemons or fine Sugar, with as many Drops of Spirit of Vitriol as will juſtly ſharpen it. Drink of this when you pleaſe.

A Vomit

A Vomit.

TAKE ſeven or eight Daffodil-Roots, and boil them in a Pint of Poſſet-drink, and in the working drink Carduus-Water a gallon or more; your Poſſet muſt be cold when you drink it, and your Carduus-Tea muſt be Blood-warm; if it works too much, put ſome Salt in a Diſh of Poſſet, and drink it off.

For the Hickup.

TAKE three or four preſerv'd Damſons in your Mouth at a time, and ſwallow them by degrees.

For the Cramp.

TAKE of Roſemary-Leaves and chop them very ſmall, and ſew them in fine Linen, and make them into Garters, and wear them Night and Day; lay a Down-pillow on your Legs in the Night.

For Weakneſs in the Hands after a Palſy.

TAKE of the Tops of Roſemary, bruiſe it and make it up into a Ball as big as a great Walnut, and let the Party roll it up and down in their Hand very often, and graſp it in the Hand till it is hot; do this very often.

For an old Ach or Strain.

TAKE an ounce of *Lucatellus*'s Balſam, and mix it with two drams of Oil of Turpentine, gently heat it, anoint the Place, and put new Flannel on it.

A new Method for curing the Venereal Diſeaſe.

IT need not be ſaid what direful Accidents daily happen to People by Salivations, as the Loſs of Teeth, of Hearing, of a healthful Conſtitution, and often even Loſs of Life itſelf; and what makes this Caſe ſtill more deplorable is, that it has been generally thought, that nothing but an high Salivation is the proper and adequate Cure for this Diſtemper; but the learned Dr. *Chicoyneau* has happily diſcover'd and prov'd the contrary; his Method, which is ſometimes call'd *the Montpellier Method*, and ſometimes *the new French Method*, and which is attended with very little Pain, and no Danger at all, is as follows.

The Doctor, according as he finds the Patient's Caſe to be, ſometimes orders a little Blood to be taken away, ſometimes a gentle Purge or two to be taken, but always makes him bathe five or ſix times, and always an Hour each time; after which the whole Operation conſiſts in nothing more than rubbing his Feet, Legs and Arms four, five, or ſix times, as the Caſe requires, with a mercurirl Ointment, in ſuch Quantities and at ſuch proper Intervals of Time, that no high Salivation may be rais'd thereby; ſometimes indeed, but not always, a gentle, moderate Spitting will enſue, nor is it poſſible in ſome Conſtitutions to prevent it, but then it is never carry'd high nor encourag'd, it is neither troubleſome nor dangerous; the Patient during this time keeps his Chamber, and obſerves a regular Diet, and all he ſuffers is only a little feveriſh Heat and Reſtleſſneſs ſometimes for a Day or two, when the Operation is at the height.

After this manner only, without any further Trouble or Danger, does Dr. *Chicoyneau* cure the moſt inveterate Pox, with all its Symptoms and Attendants; it is therefore greatly to be wiſh'd that all

our

our Surgeons, and others who undertake the Cure of this Diſeaſe, could be prevail'd on, out of regard to the Eaſe and Safety of Mankind, wholly to lay aſide the old pernicious way of Salivation, and embrace this new and ſafe Method.

There are ſome Hundreds of Gentlemen in *England* that can from their own Experience bear witneſs to the Excellency and Efficacy of it; I myſelf, and three others that are now in company with me, have been all cur'd by it, two by Dr. *Chicoyneau* himſelf in *France*, and the other two here in *London*.

If any Perſon is deſirous to be further inform'd as to this Practice, he may conſult a Book written by Dr. *Chicoyneau*, and tranſlated into *Engliſh* by Dr. *Willoughby*, entitled, *The Practice of Salivation ſhewn to be of no Uſe or Efficacy in the Cure of the Venereal Diſeaſe, but greatly prejudicial to it*, &c. Or elſe a Treatiſe publiſh'd by Dr. *Didier*, one of the Profeſſors at *Montpellier*: Or, laſtly, a Pamphlet lately publiſh'd here, entitled, *A Letter from a Phyſician in* London *to his Friend in the Country*, giving an Account of the *Montpellier* Practice in curing the Venereal Diſeaſe, *&c.*

For the Jaundice.

TAKE half an Ounce of Rhubarb made into Powder, and beat it well with two handfuls of good Currants well clean'd; and of this Electuary take every Morning a piece as big as a Nutmeg for 14 or 15 Mornings together, or longer if need require.

For the Cholick.

TAKE half a Pint of Dr. *Stevens*'s Water, as much Plague-water, as much Juniper-berry-water, and an ounce of Powder of Rhubarb; ſhake the Bottle, and take four or five Spoonfuls at a time when the Fit is on you, or likely to come.

For

For a Burn.

MIX Lime-water with Linſeed-Oil, beat it together, and with a Feather anoint the Place, and put on a Plaiſter to defend it.

To cure a Place that is ſcalded.

TAKE Linſeed-Oil, and put to it as much thick Cream, beat them together very well and keep it for Uſe; anoint the Place that is ſcalded twice a-day and it will cure it; put on it ſoft Rags, and let nothing preſs it.

The bitter Draught.

TAKE of Gentian-root three drams, of Camomile-flowers one ounce, of Roſemary-flowers one ounce, of Tops of Centaury, Tops of Roman Wormwood, Tops of Carduus, of each one handful; boil all theſe in two quarts of Spring-water till it comes to a Quart; you may add a Pint of White-wine to it; ſtrain it out, and when it is cold bottle it; drink a quarter of a pint in the Morning, and as much at Four a-Clock in the Afternoon.

To draw out a Thorn.

TAKE the Roots of Comfry, and bruiſe them in a Mortar with a little Boar's-greaſe, and uſe this as a Plaiſter.

For a ſcald Head.

TAKE three Spoonfuls of Juice of Comfry, two Pennyworth of Verdigreaſe, and half a pound of Hogs-Lard, melt it together, but let it not boil; cut off the Hair and anoint the Place; it will cure it.

For the Falling-Sickneſs.

TAKE the After-birth of a Woman and dry it to Powder, and drink half an ounce thereof in a Glaſs of White-wine for ſix Mornings together; if the Patient be a Man it muſt be the After-birth of a Female Child; if a Woman the contrary.

For the Trembling at the Heart.

MAKE a Syrup of Damask Roſes, and add thereto a ſmall quantity of red Coral, Pearl, and Ambergreaſe, all finely beaten and powder'd; take this ſo long as your Pain continues, about a Spoonful at a time.

For a Pleuriſy, if the Perſon cannot be blooded.

TAKE of Carduus, the Seeds or Leaves, a large handful, boil them in a Pint of Beer till half is conſum'd, then ſtrain it and give it the Party warm; they muſt be faſting when they take it, and faſt 6 Hours after it, or it will do them Harm.

To draw a Rheum from the Eyes.

ROAST an Egg hard, then cut out the Yolk, and take a Spoonful of Cummin-ſeed and a Handful of Bears-foot; bruiſe them and put them into the White of the Egg, ſo lay it hot on to the Nape of the Neck, bind it on with a Cloth, and let it lie 24 Hours, ſo lay on freſh again; it will cure in a little time.

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To clear the Eyes.

TAKE the White of Hens-dung, dry it very well and beat it to powder; ſift, and blow it into the Eyes when the Party goes to-bed.

For a Pin or Web in the Eye.

TAKE the Gall of a Hare and Honey, of each a like quantity, mix them together, and take a Feather and put a little into the Eye, and it will cure in two or three Days.

If a Hair or Fiſh-bone ſtick in the Throat, immediately ſwallow the Yolk of a raw Egg; it is a very good thing.

An extraordinary Ointment for Burns and Scalds.

TAKE of red Dock-leaves and Mallow-leaves, of each a large handful, two heads of Houſleek, of green Elder, the Bark being ſcrap'd from it, a ſmall handful; waſh the Herbs and the Elder, which being cut ſmall, boil in a pint and a half of Cream; boil till it comes to an Oil, which as it riſes up take off with a Spoon; afterwards ſtrain, and put to it 3 drams of white Lead powder'd fine.

A very good Drink to be us'd in all Sorts of Fevers.

TAKE two ounces of burnt Hartſhorn, boil it with a Cruſt of Bread in three pints of Water to a quart; ſtrain and put to it of Barley, Cinamon-water 2 ounces, Cochineal half a dram; ſweeten it with fine Sugar, and let the Patient as often as he is thirſty drink plentifully of it; rub the Cochineal in a Mortar together with the Sugar.

To cure the Yellow or Black Jaundice.

TAKE a quart of White-wine, a large red Dock-root, a Bur-root, that which bears the ſmall Bur, two pennyworth of Turmerick, a little Saffron, a little of the white of Gooſe-dung that feeds on the Green; boil all theſe together a little while; then let it run thro' a Strainer: Drink it Morning and Evening three days.

A Plaiſter for the Sciatica.

TAKE of yellow Wax a pound, the Juice of Marjoram and red-Sage, of each ſix ſpoonfuls, Juice of Onions two ſpoonfuls; let all theſe boil together till the Juice is conſumed, and when 'tis half cold, put in two ounces of Turpentine, and of Nutmegs, Cloves, Mace, Anniſeeds, and Frankincenſe, of each one pennyworth finely powdered; ſtir it well together and make a Plaiſter.

A Salve for the King's-Evil.

TAKE a Burdock-root, and a white Lilly-root; waſh, dry, and ſcrape them; wrap them in brown Paper, and roaſt them in the Embers; when they are ſoft take them out, and cut out the burn or hard, and beat them in a Mortar with Boar's-greaſe and Bean-flower: when 'tis almoſt enough, put in as much of the beſt Turpentine as will make it ſmell of it, then put it in a Pot for uſe.

The Party muſt take inwardly two ſpoonfuls of Lime-water in the Morning, and faſt two hours after it, and do the ſame at Four a-clock in the Afternoon. If there be any Swelling of the Evil, they muſt bathe it with this Water a quarter of an hour together, a little warmed, and wet a Cloth and bind it on the Place; but if the Skin be broken, only waſh it in the Water, and ſpread a thin Plaiſter of

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the Salve and lay on it; ſhift it once a-day; if very bad, you muſt dreſs it twice a-day.

To make the Lime-water. Take a Limeſtone as big as a Man's Head, it muſt be well burned; put it into ſix quarts of boiling Water, cover it cloſe, but ſometimes ſtir it; the next day when 'tis ſettled pour off the clear Water, and keep in Bottles for uſe.

To cure Burſtenneſs.

TAKE Hemlock, and bruiſe it a little, heat it pretty well, and apply it twice a day, without any Truſs, and keep the Party as ſtill as may be. This has cured when many other Things have failed.

A Powder for Burſtenneſs.

TAKE a good quantity of wild Muſk, Roots and all, pick, waſh and dry them; then take of Current-leaves, Vine-leaves and Strings, an equal quantity; then take almoſt a quart of Hempſeeds: you muſt lay the Seeds at the bottom of a Pot, and the Leaves and Roots on the top; then put it into an Oven, dry them, rub them to Powder, and ſift them together. The Party muſt take as much of this Powder as will lie on a Six-pence, in a little Ale, in the Morning, and at four in the Afternoon, and continue it five or ſix Weeks: The Powder ſhould be made in *May* if poſſible.

For the Chin-Cough.

TAKE a ſpoonful of the Juice of Penny-royal, mixed with Sugar-candy beaten to Powder. Take this for nine Mornings together.

To cure the Itch without Sulphur.

TAKE a handful of Elecampane-root, and as much ſharp-pointed Dock; ſhred them ſmall, and

and boil them in two quarts of Spring-water till it comes to a pint; ſtrain the Liquor, and with it let the Party waſh his Hands and Face two or three times a day.

For the Itch.

TAKE of Camomile and Velvet-leaves, Scurvy-graſs and Capon's Feathers, of each one handful; boil theſe in half a pound of Butter out of the Churn till tis an Ointment, then ſtrain it out, and mix it with half an ounce of Black Pepper beaten fine; ſtir it in till 'tis cold, and anoint the Party with it all over, keep on the ſame Linnen for a Week; then waſh with warm Water and Sweet-herbs, and put on clean Linnen. Before you begin to uſe this, you muſt take Brimſtone and Milk for three Mornings: keep warm, and purge well after 'tis over.

For the Scurvy or Dropſy.

STAMP and ſtrain the Juice of the Leaves of Elder, and to a quarter of a pint of Juice put ſo much White-wine; warm it a little and drink it off, and do this for four or five Mornings together: If it purge you it will certainly do good. Take this in the Spring.

For a Looſeneſs.

BOIL a good handful of Bramble-leaves in Milk, ſweeten'd with Loaf-ſugar; drink it Night and Morning.

For an Ague.

GIVE as much *Virginia* Snake-root dried and powder'd as will lie upon a Shilling, in a glaſs of Sherry or Sack, juſt before the cold Fit begins; uſe this two or three times till the Ague is gone.

For an Ague.

TAKE an ounce and a half of the beſt refin'd Aloes, and ſteep it in a quart of Brandy; infuſe it 48 Hours, and take 4 ſpoonfuls juſt before the Fit comes.

For an Ague.

TAKE a pint of red Roſe-water, and put to it an ounce of white Sugar-candy, and the juice of three Sevil Oranges; mix all together, and drink it off an hour before you expect the Fit. It cures at once or twice taking.

An Ointment for a Burning or Scald.

TAKE a pound of Hog's-Lard, and two good handfuls of Sheep's-dung, and a good handful of the green Bark of the Elder, the brown Bark being firſt taken off; boil all theſe to an Ointment. You muſt firſt take out the fire with Sallet-Oil, and a bit of an Onion, and the white of an Egg beaten well together; then anoint with the Ointment, and in leſs than a Week it will be well.

A Cere-cloth.

TAKE 3 pound of Oil-olive, and half a pound of red Lead, and half a pound of white Lead, both powder'd and ſifted; then take three ounces of Virgin-Wax, 2 ounces of *Spaniſh* Soap, and two ounces of Deer's-ſuet; put all theſe things into a braſs Kettle, ſetting it over the fire, ſtirring it continually till it comes to the height of a Salve, which you may know by dropping a little on a Trencher, and if it neither hangs to the Trencher nor your Fingers it is enough; then dip your Cloths in, and when you take them out, throw them into a Pail of Water, and as they cool take them out and lay them

them on a Table, and clap them, and when you have done, roll them up with Papers between, and keep them for uſe; they muſt be kept pretty cool. This Cere-cloth is good for any Pain, Swelling, or Bruiſe.

The Yellow Balſam.

TAKE 8 ounces of Burgamy-Pitch, 3 ounces and half of yellow Bees-Wax ſliced, 1 pound of Deer's-ſuet, 1 ounce of *Venice*-Turpentine beaten up in Plantane-water, half a pint of red Roſes, a quarter of a pint of Vinegar of red Roſes, 24 Cloves of Garlick. and of Salt-petre dried before the fire half the quantity of a Nutmeg; bruiſe the Garlick in a Stone Mortar, and ſet the Oil, Vinegar, and Garlick, in an earthen Pipkin over the fire; let it boil gently half an hour; then put in the Pitch and Wax, and when that is melted, put in the Suet, and one ounce of Palm-Oil; then let it boil a quarter of an hour longer; then take it off the Fire, and put in the Turpentine and Salt-petre; ſet it over the fire again for a little while; then take it off, and let it ſtand to cool, then pour it gently into your Gallipots; be ſure you put in no Dregs; the Vinegar will fall to the bottom; tie the Gallipots down with Leather. 'Tis an excellent Salve for ſore Legs, Boils, Whitlows, ſore Breaſts, and may ſafely be uſed to draw Corruption out of any Sore; put a little of it on Lint, and put a Plaiſter of the following Black Salve over it.

The Black Salve.

TAKE a pint of Oil of Olives, 3 quarters of a pound of yellow Wax, 2 ounces of Frankincenſe finely beaten and ſearced, 2 ounces of the beſt Maſtich, 2 ounces of Olibanum, 2 ounces of Myrrh, half a pound of white Lead finely ground, and 2 drams of Camphire: Boil theſe till they are black; then let it ſtand a little; oil a Board, and pour it

on, and oil your Hand, and make it up in Rolls for uſe.

For the Falling-ſickneſs.

TAKE of the Powder of a Man's Scull, of Cinnabar, and Antimony, of each 1 dram, of the Root of Male-Peony and Frog's Liver dried, of each two drams, of the Salt of Amber half a dram, Conſerve of Roſemary 2 ounces, Syrup of Peonies enough to make it into a ſoft Electuary, of which give the quantity of a large Nutmeg every Morning and Evening, drinking after it three ounces of the Water of the Lillies of the Valley; take it three days before the New Moon, and three days before the Full Moon; to bring the Patient quickly out of the Fit, let his Noſtrils and Temples be rubb'd with the Oil of Amber.

For an Ague.

TAKE a quart of ſtrong Beer, and a good quantity of the youngeſt Artichoke-leaves; ſhred them, and boil them very well together; when you think it almoſt enough, put a ſpoonful of Muſtard-ſeed bruiſed, and give it one boil, then ſtrain it and bottle it. Take half a pint as hot as you can, half an hour before the Fit comes.

A calcin'd Water to dry up Ulcers and old Sores.

TAKE of the beſt *Roman*-Vitriol 3 ounces, Camphire one ounce; beat them into fine Powder, put them into the bottom of a Crucible, and fix it in hot Embers; cover it with white Paper four double, and put a little Tile on it: Let it be well calcin'd, but not too much; when 'tis cold beat it into fine Powder, and ſift it; then add to it three ounces of Bole-Armoniac, beaten and ſifted; mix all together, and to half an ounce of this Powder put

a quart

a quart of Spring or Plantane-water, boil the Water, and when 'tis blood-warm put in your half ounce of Powder, and ſtir it together in a Pewter Baſon till 'tis quite cold, then put it in a Bottle for uſe. When you uſe it, ſhake the Bottle, and pour ſome out and uſe it as hot as can be endured, either by Syringe, or waſhing the Place twice or thrice a day, and uſe the following Plaiſter or Salve.

The Leaden Plaiſter.

TAKE of White Lead 3 ounces, of read Lead 7 ounces, of Bole-Armoniac nine ounces; beat all into fine Powder, and put to them a pint of the beſt Oil-olive, incorporate them over the Fire, and let them boil gently half an hour, putting in one ounce of Oil of *Exeter*; ſtir it continually, and when 'tis enough, make it up in Rolls. This is a drying Plaiſter.

A Salve for a Burn or Scald.

TAKE one pound of Mutton-ſuet ſhred ſmall; melt it, and put into it Thyme, Sweet-marjoram, Melilote, Pennyroyal and Hyſop, of each a good handful chopp'd ſmall, and let it ſtand together four Days; then heat and ſtrain it out, and put in the ſame quantity of Herbs again, and let it ſtand four Days longer; then heat it and ſtrain it out, and to that Liquor put five pound of white Roſin, and two pounds of Bees-Wax ſliced, and boil it up to a Salve; and when it is cold enough, oil a Board, pour it on it, and make it up in Rolls. This is an admirable Salve when the Fire is taken out. You muſt take out the Fire with Oil; anoint it with Oil with a Feather, then lay on the Plaiſter. 'Tis good for a ſmall Cut, or Iſſue inflamed.

A green Salve.

TAKE 5 handfuls of Clown's All-heal, ſtamp it and put it in a Pot, and add to it 4 ounces of Boar's Greaſe, half a pint of Oil-olive, and Wax three ounces ſliced; boil it till the Juice is conſumed, which is known when the Stuff doth not bubble at all; then ſtrain it and put it on the Fire again, adding 2 ounces of *Venice*-Turpentine; let it boil a little and put it in Gallipots for uſe. Melt a little in a Spoon, and if the Cut or Wound be deep, dip your Tents in it; if not, dip Lint and put on it, and defend the Place with a Leaden Plaiſter; dreſs it once a day.

For a Sore Breaſt when 'tis broken.

TAKE a quarter of a pound of Raiſins of the Sun ſtoned, and beat them very ſmall; then add to it near as much Honey; and beat it together into a Salve; ſpread it on a Cloth, and make Tents if occaſion. Dreſs it once a day; when 'tis well drawn, uſe the Yellow Balſam, and Black or Leaden Plaiſter.

A Poultice for a Sore Breaſt before 'tis broken.

BOIL white Bread and Milk to a Poultice, then put to it Oil of Lillies, and the Yolk of an Egg; ſet it over the Fire again to heat, and apply it as hot as can be endured: Dreſs it Morning and Night till 'tis broke, then dreſs it with the Poultice of Raiſins.

To diſperſe Tumours.

TAKE of Yellow Wax, Frankincenſe and Roſin, of each four ounces; melt them together,

ther, ſtrain it out, and when it is cool make it in a Roll, and keep it for Uſe.

To keep a Cancer in the Breaſt from increaſing.

TAKE of *Lapis Calaminaris* four Ounces all in one piece, and having made it red-hot in a Crucible 9 times, quench it every time in a Pint of White-wine; then take 2 ounces of *Lapis*-Tutty, and having burnt that red-hot in a Crucible 3 times, quench that every time in a pint of red Roſe-water; then beat the Tutty and the *Calaminaris*-Stone together in a Mortar very fine, and put it in a Glaſs Bottle, and put the Roſe-water and White-wine to it, and ſhake it 3 or 4 times a-day for 9 Days before you begin to uſe it. You muſt keep the Wine and the Roſe-water cloſe cover'd when you quench the Stone, that the Steam does not go out. When you uſe it ſhake it well, and dip Rags in it and lay them to the Breaſt; let the Rags remain on till it is dreſs'd again; it muſt be dreſs'd twice a-day, Night and Morning. The clear Water is excellent for weak or ſore Eyes.

For a Swelling in the Face.

TAKE a handful of Damaſk-Roſe-leaves, boil them in running Water till they are tender; ſtamp them to a Pulp, and boil white Bread and Milk till it is ſoft; then put in your Pulp with a little Hogs-lard, and thicken it with the Yolk of an Egg, and apply it warm.

For a ſore Throat.

MAke a Plaiſter of *Paracelſus* four Inches broad, and ſo long as to come from Ear to Ear, and apply it warm to the Throat; then bruiſe Houſleek and preſs out the Juice; add an equal quantity of Honey,

Honey, and a little burnt Allum; mix all together, and let the Party often take ſome on a Liquoriſh-Stick.

A purging Diet-drink.

TAKE of Garden Scurvygraſs ſix Handfuls, Water-Creſſes and Brooklime, of each four Handfuls, Peach-bloſſoms four handfuls, Nettletops and Fumitory, of each 3 handfuls, Monks-rhubarb four Ounces, Sena four Ounces, China two ounces, Sarſaparilla three ounces, Rhubarb one ounce, Coriander and ſweet Fennel-ſeeds, of each half an ounce; cut the Herbs, ſlice the Roots, bruiſe the Seeds, put them in a thin Bag, and hang them in four Gallons of ſmall Ale; after three Days drink a Pint of it every Morning. Be regular in Diet, eat nothing ſalt or ſowre.

Pills to purge the Head.

TAke of the Extract of Rudium 2 drams, and Pill fœtida one dram; mix theſe well together, and make it into 12 Pills; take two, or if the Conſtitution be ſtrong, 3 of them at 6 a-Clock in the Morning; drink warm Gruel, or thin Broth, or Poſſet-drink when they work.

For a Canker in the Mouth.

TAke Celandine, Columbine, Sage and Fennel, of each one handful, ſtamp and ſtrain them, and to the Juice put a Spoonful of Honey, half a Spoonful of burnt Allum, and as much Bole-Armoniack beaten fine; mix, and beat all theſe together very well, and wrap a little Flax about a Stick, and rub the Canker with it; if it bleeds it is the better.

A Water for ſore or weak Eyes.

TAKE of Ground-Ivy, Celandine and Daiſies, of each a like quantity ſtamp'd and ſtrain'd, and add to the Juice a little Sugar and white Roſe-water;

water; ſhake this together, and with a Feather drop it into the Eyes; this takes away all manner of Inflamation, Spots, Itching, Smarting, or Web; and is an excellent thing for the Eyes.

An excellent Preſcription for the Cure of Worms.

THE following Receipt is an extraordinary Remedy for the Worms which breed in human Bodies, and with which vaſt Numbers of People of all Ages and both Sexes are afflicted, and ſome of them very ſeverely, eſpecially Children, and other young Perſons, of whom abundance are carry'd off yearly, by being thrown thereby into Convulſions, epilectick Fits, Vomitings, Looſeneſſes, White or Green-Sickneſs, and other Diſorders, which had been judg'd to have proceeded from other Cauſes, when the Occaſion thereof was Worms. But as there is ſuch a Variety of Diſorders proceeding from thoſe inteſtine Animals repreſenting other Diſeaſes, I ſhall for the Information of ſuch as may little imagine their Malady to be occaſion'd from Worms, when it appears ſo plain to themſelves and their Phyſicians that it is this or that other Diſeaſe, firſt ſet down ſome of the many Signs and Symptoms of Worms, and then preſcribe the Remedy to deſtroy, expel and rid the Patient's Body of them; and this is a Medicine ſo effectually adapted, and ſo innocent withal, that if it be purſu d as directed, they that take it may depend it will not fail utterly and ſafely to do it, be the Worm of any kind, or in any Part of the Body ſituated.

It is to be noted, that there are divers Sorts of Worms that breed in the Body, and take up their Reſidence therein, either in the Stomach or Bowels, and ſometimes near the *Sphincter Ani*, or Fundament, and do often knit themſelves together, and appear like a Bag of Worms, and are ſuppos'd to be bred from the *Ova* or Eggs of thoſe Animals ſwallow'd down

down with the Food, and encourag'd and fed by Viſcidities in the Paſſages; and according as they reſide, or have plac'd themſelves in the Body, the Symptoms and Complaints which ſuch People make, are different both in kind and degree; in ſome to occaſion Looſeneſſes; in others Coſtiveneſs, or frequent Deſires to go to ſtool, but can't; in ſome to cauſe a fœtid or ſtinking Breath, which is a ſhrew'd ſign of Worms; as is alſo an hard or inflam'd Belly, eſpecially in Children, with a voracious Appetite, an almoſt continual Thirſt, Feveriſhneſs by fits, and an intermitting Pulſe and glowing Cheeks; in ſome a Heavineſs or Pain in the Head, Startings in Sleep, with frightful terrifying Dreams; in ſome a Sleepineſs repreſenting a Lethargy; in others a Nauſea, or loathing of Food, with or without motion to vomit; a Pain and Weight with a gnawing in the Stomach, Gripings and Rumblings in the Bowels, like the Cholick; in Children a dry Cough, and oftentimes ſcreaming Fits and Convulſions, with white Lips and white Urine; and in both Old and Young a weaken'd or loſt Appetite, Giddineſs in the Head, Paleneſs of Countenance, with Faintings and cold Sweats of a ſudden, Indigeſtions, Abatement of the Strength, and falling away of Fleſh, as if dropping into a Conſumption; with many other Symptoms, but theſe the chief, which ever more or leſs ſome or other of them always affect where Worms are the Cauſe; and for remedy of which the following Receipt may be depended on, and is very innocent as well as powerful and effectual, as every one when they read what it is will believe, and when they try it will find.

Take Tops of Carduus, Tops of Centaury, Roman Wormwood, and Flowers of Camomile (all of them dry'd, and of the lateſt Year's Growth that you uſe them in) of each a ſmall handful; cut the Herbs ſmall, but not the Flowers. and put them with an ounce of Wormſeed bruis'd ſmall into an earthen Jar

or

or Pickling-pot, and pour upon them a Quart of Spring-water cold; ſtir all about, and then tie the Pot over with a double Paper, and let it ſtand 48 Hours, opening and ſtirring it about five or ſix times in that Space; at the end of 48 Hours ſtrain it thro' a Cloth, ſqueezing the Herbs as dry as you can, which fling away, and of the Liquor give to a Child from two to four or five Years old half a Spoonful, more or leſs, mix'd with a quarter of a Spoonful of Oil of Beech-Nuts, every Morning upon an empty Stomach, and to faſt for about an Hour after it; and alſo the ſame Doſe about Four or Five in the Afternoon every Day for a Week or ten Days together; by which time, if the Caſe be Worms, and you make but Obſervation, you will find them come away either dead or alive; older Children muſt take more, in proportion to their Ages; and grown Perſons from three or four to ſix or eight Spoonfuls, or more, with always half the Quantity of the ſaid Oil mix'd with each Doſe, and it will keep the Body ſoluble, and ſometimes a little looſe.

This Medicine has cur'd in ſuppos'd incurable Caſes, where it has prov'd at laſt to be from Worms, when neither the Phyſician or Patient have before thought it to be ſo; but if it be not Worms, it cannot hurt, but may cure in Caſes ſimilar to Worms, eſpecially where the Stomach and Bowels are diſorder'd.

Note, The Beech-Nut-Oil may be had at moſt Oil-Shops; and the reaſon that that Oil, before any other is adviſ'd is, that it has a Property, as has been often try'd, of killing Worms of itſelf, when Olive-Oil and Oil of Almonds would not do it; and as a Confirmation of it, Dr. *Baglivi* ſays in a Book of Experiments upon live Worms from human Bodies, that he put Worms into divers Liquors which were reputed would kill them, but did not under a great many Hours; and that towards Night he put

others

others into Oil of ſweet Almonds, and found them alive the next Morning; then after many other Experiments he put one into Oil of Nuts, where it dy'd preſently: And *Malpighi*, another noted Phyſician, ſays, that of all common Oils, Oil of Nuts is the beſt againſt Worms; and that at *Milan* Mothers have a Cuſtom to give their little Children once or twice a Week Toaſts dipt in Oil of Nuts, and to grown People ſome Spoonfuls of it faſting: And many other Authors ſay the ſame, particularly Dr. *Nicholas Andry*, of the Faculty of Phyſick at *Paris*, in his Treatiſe of Worms, who alſo ſays, if you dip a Pencil in Oil of Nuts, and anoint the Bodies of live Worms that any one voids, tho' you never touch their Heads, they will preſently grow motionleſs and die, beyond Recovery; the reaſon he ſays they die ſo ſuddenly when anointed is, becauſe they breathe only by the means of certain little Windpipes that run thro' their Bodies, ſo that if you ſtop up thoſe Pipes with Nut-Oil, which hinders the Commerce of the Air (for that the Parts of Oil of Almonds are more porous than Nut-Oil, and conſequently leſs able to hinder the entrance of the Air into the Worms) of neceſſity the Creatures muſt die for want of Reſpiration, tho' neither the Head, nor any other Part where the Pipes are not, be anointed; this is ſo true, ſays *Malpighi*, that if you put Nut-Oil upon a Worm in any other Part but where the Pipes are, tho' the Head be not ſpar'd, yet the Worm will live, and have its natural motion; and if you put the Oil upon ſome of the Pipes only, you ſhall ſee the Parts where thoſe Pipes are become immoveable; but if you put it, ſays he, upon all the *Trachea*'s or Pipes, the whole Worm becomes motionleſs, and dies in an Inſtant; and I do aſſure the Publick, that the ſame has been many times try'd, and found both by my ſelf and others, that no other Oil whatever would do what this will; and the late Dr. *Radcliffe*, in many of his Preſcriptions I have ſeen, order'd that Oil, preferrable to all others, where he had any reaſon

to

to ſuſpect the Patient had Worms; and in one very remarkable Caſe of a young Lady of thirteen I could name, who was at Death's-door with the Green-Sickneſs as ſuppos'd, and who by the Uſe of this very Oil, and ſuch Bitters as he believ'd the Caſe then indicated, once or twice a-day repeated, was cur'd perfectly, upon her voiding Cluſters of ſmall Worms for ſeveral Days together, ſome of which were inclos'd in a *Ciſtis* or Bag.

This I was willing to obſerve, that People may be ſure to get the Oil of Nuts, and not any other Oil.

A Clyſter for the Worms.

TAKE of Rue, Wormwood, Lavender-Cotton, three or four Sprigs of each, a Spoonful of Aniſeeds bruis'd; boil theſe in a pint of Milk till the third part be conſum'd; then ſtrain it out, and add to it as much Aloes finely powder'd as will lie on a Three-pence; ſweeten it with Honey, and give it pretty warm; it ſhould be given 3 Mornings together, and the beſt time is 3 Days before the New or Full Moon.

Lucatellus's *Balſam.*

TAke of *Venice*-Turpentine one pound, the beſt Oil 3 Pints, Sack ſix Spoonfuls, yellow Wax half a pound, natural Balſam one ounce, Oil of St. Johns-wort one ounce, red Sanders well powder'd one ounce; cut the Wax in thin Slices, and ſet it over the Fire in a large Skillet, and when it is all melted put in the Turpentine; firſt waſh it 3 ſeveral times in red Roſe-water, then ſtir them well together till they boil a little, then take it off from the Fire and let it cool; the next Day take it out of the Skillet and cut it in thin Slices, that all the Water may be got out of it; then ſet it over the Fire again, and when it is melted ſtir it well together; then put in the Oil, and the Oil of St. Johns-

wort,

wort, and the natural Balſam, and the Sack and the Sanders, ſtirring them all together very well; then let it boil a little while, and take it off the Fire and ſtir it two Hours all one way; when it is cold put it in Gallipots, and cover them with Leather. It will keep good 20 Years, and the older the better.

A Salve for a Cerecloth for Bruiſes or Aches.

TAKE a pint of Oil, 9 ounces of red Lead, two ounces of Bees-wax, a Shillings-worth of *Sperma Ceti*, 2 ounces of Roſin beaten and ſifted; ſet all theſe on a ſoft Fire in a Bell-Skillet, ſtirring till it boils, and then try it on a Rag whether it firmly ſticks upon it; when it does ſtick, take it off; and when you have made what Cerecloths you pleaſe, pour the reſt on an oil'd Board, and make it up in Rolls. It is very good for a Cut or green Wound.

An excellent Recipe for the Cure of Colds.

TAKE of *Venice*-Treacle half a dram, Powder of Snake-root 12 grains, Powder of Saffron 6 grains, volatile Salt of Hartſhorn 4 grains, Syrup of Cloves a ſufficient quantity to make it into a Bolus; to be taken going to Reſt, drinking a large Draught of Mountain-Whey after it; thoſe who can't afford Mountain-Whey, may drink Treacle-Poſſet.

To ſuch Conſtitutions as can't be provok'd to ſweat, opening a Vein or a gentle Purge will be of great Service.

An Ointment for a Cold on the Stomach.

TAke an ounce and half of the Oil of Valentia Scabioſa, Oil of Sweet-Almonds a quarter of an ounce, a quarter of an ounce of Man's Fat, and 4 Scruples of the Oil of Mace; mix theſe together, and warm a little in a Spoon, and Night and Morning anoint the Stomach; lay a piece of black or lawn Paper on it.

To make Gaſcoigne's *Powder.*

TAKE of Powder of Pearl, red Coral, Crab's Eyes, white Amber and Hartſhorn, of each one ounce; beat them to a fine Powder and ſearce them. Then take a dram of oriental Bezoar, and a dram of Ambergreaſe, and mix with the Powders; then take off the black Toes of Crab's-Claws, beaten to a fine Powder, as much as of all the reſt of the Powders, for this is the chief; then mix well together, and make them up in Balls in Jelly of Hartſhorn, and in your Jelly infuſe a ſmall quantity of Saffron to give them a Colour; when you have rolled them in Balls as big as a Walnut, lay them on a *China* or Silver Plate to dry; when they are fully dry and hard, paper them up, and keep them for uſe. The Doſe you muſt give at a time, is to a Man or Woman ten or twelve grains in Dragon, Carduus, or the Lady *Allen*'s Water; the Party going to Bed and cover'd warm. The Crabs uſed in this Powder muſt be caught in *May* or *September*, and they muſt not be boiled.

A Water to cure red or pimpled Faces.

TAKE a pint of ſtrong White-wine Vinegar, and put to it Powder of the Roots of Orice three drams, Powder of Brimſtone half an ounce, and Camphire two drams, ſtamp with a few blanched Almonds, four Oaken Apples cut in the middle, and the Juice of four Lemons, and a handful of Bean-flowers; put all theſe together in a ſtrong double glaſs Bottle, ſhake them well together and ſet it to the Sun for ten days; waſh the Face with this Water, let it dry on, and don't wipe it off. This cures red or pimpled Faces, Spots, Heat, Morphew, or Sunburn. But you muſt eat the following Diet for three Weeks or a Month.

Take Cucumbers and cut them as ſmall as Herbs to the Pot, boil them in a ſmall Pipkin with a piece of Mutton, and make it into Pottage with Oatmeal: So eat a Meſs Morning, Noon, and Night without Intermiſſion for three Weeks or a Month. This Diet and the Water has cured when nothing elſe would do.

A good thing to waſh the Face in.

TAKE a large piece of Camphire, the quantity of a Gooſe Egg, and break it ſo that it may go into a pint Bottle, which fill with Water; when it has ſtood a Month, put a ſpoonful of it in three ſpoonfuls of Milk, and waſh in it.

Wear a piece of Lead, beaten exceeding thin for a Forehead-piece under a Forehead-cloth; it keeps the Forehead ſmooth and Plump.

A Plaiſter for Worms in Children.

TAKE two ounces of yellow Wax, and two ounces of Roſin, boil them half an hour, ſtirring them all the while; ſcum them well and take it off, and put to it three drams of Aloes, and two ſpoonfuls of Treacle, and boil it up again: rub a Board with freſh Butter, and pour the Salve thereon, work it well, and make it up in Rolls: When you make the Plaiſter, ſprinkle it with Saffron, and cut a hole againſt the Navel.

The Stomach Plaiſter.

TAKE of Burgamy-Pitch, Frankincenſe and Bees-Wax, of each one ounce, melt them together, then put in one ounce of *Venice* Turpentine, and one ounce of Oil of Mace; melt it together and ſpread your Plaiſter on Sheep's Leather; grate on it ſome Nutmeg when you lay it on the Stomach.

To make a Quilt for the Stomach.

TAKE a fine Rag four Inches ſquare, and ſpread Cotton thin over it; then take Mint and Sweet Marjoram dried and rubb'd to Powder, and ſtrew it over the Cotton pretty thick; then take Nutmeg, Cloves and Mace, of each a quarter of an ounce beaten and ſifted, and ſtrew that over the Herbs, and on that ſtrew half an ounce of Galingal finely powdered, then a thin Row of Cotton and another fine Rag, and quilt it together. When you lay it on the Stomach, dip it in hot Sack and lay it on as warm as can be endured. This is very good for a pain in the Stomach.

For the Pains of the Gout.

MIX *Barbadoes*-Tar, and Palm-Oil an equal quantity, juſt melt them together, and gently anoint the Part affected.

A preſent help for the Cholick.

MIX as much Mithridate as a Bean in a ſpoonful of Dragon-water, and give it the Party to drink; and lay a little Suet on the Navel; keep in Bed.

A Plaiſter for the Cholick.

SPREAD the whites of four or five Eggs well beaten on ſome Leather, and over that ſtrew on a ſpoonful of Pepper, and as much Ginger finely beaten and ſifted, then put this Plaiſter on the Navel: It often gives ſpeedy eaſe.

For the Ague.

TAKE Smallage, Ribwort, Rue, Plantane and Olibanum; beat all theſe well together with a little Bay-ſalt, and put it in a thin Bag, and lay it to the Wriſt a little before the cold Fit comes.

A Powder for Convulſion Fits.

TAKE a dram and half of ſingle Piony-ſeed, of Miſſletoe of the Oak one dram, Pearl, white Amber, and Coral, all finely powder'd, of each half a dram, Bezoar two drams, and five Leaves of Gold; make all theſe up in a fine Powder, and give it in a ſpoonful of black Cherry-water, or if you pleaſe Hyſterical Water. You may give to a Child new born, to prevent Fits as much as will lie on a Three-pence, and likewiſe at each Change of the Moon; and to older People as much as they have ſtrength and occaſion.

To prevent Fits in Children.

TAKE Saxafrage, Bean-Pods, Black-Cherry, Groundſel, and Parſly-waters; mix them together with Syrup of ſingle Piony. Give a ſpoonful very often, eſpecially obſerve to give it at the Changes of the Moon.

Another.

TAKE a quart of Ale, and a quart of ſmall Beer, and put in it a handful of Southern-wood, as much Sage, and as much Pennyroyal; let it boil half an hour, ſtrain it out, and let the Child drink no other Drink.

For a Hoarseness with a Cold.

TAKE a quarter of a pint of Hyssop-water, make it very sweet with Sugar-candy, set it over the Fire, and when 'tis thorough hot, beat the yolk of an Egg, and brew it in it, and drink it Morning and Night.

A Remedy for a Cough.

TAKE the yolk of a new laid Egg, take the Skin off the yolk, and add six spoonfuls of red Rose-water; beat it well together, and make it very sweet with white Sugar-candy; drink it six Nights going to Bed.

An excellent Remedy for Whooping Coughs.

TAKE dried Colts-foot Leaves a good Handful, cut them small, and boil them in a Pint of Spring-Water, till half a Pint is boiled away; then take it off the Fire, and when it is almost cold, strain it through a Cloth, squeezing the Herb as dry as you can; and then throw it away, and dissolve in the Liquor an ounce of brown Sugar-candy, finely powder'd, and give the Child, (if it be about three or four Years old, and so in Proportion) one Spoonful of it, cold or warm, as the Season proves, three or four times a Day (or oftner, if the Fits of Coughing come frequently) till well, which will be in two or three Days, but it will presently almost abate the Fits of Coughing.

This Herb seems to be a Specifick for those Sorts of Coughs, and indeed for all others, in Old as well as Young; the *Latin* Name *Tussilago*, from *Tussis*, the Cough, denotes as much; as does also the *Latin* Word *Bechium*, from the *Greek* Word Βήχιον,

a Cough; and are the Names given it by the Ancients, perhaps ſome Thouſand Years ago. It has wonderfully eaſed them, when nothing elſe would do it, and greatly helps in Shortneſs of Breath; and in the Aſthma and Phthiſick I have not known any thing exceed it; likewiſe in Waſtings or Conſumptions of the Lungs, it has been found of excellent Uſe, by its ſmooth, ſoftning, healing Qualities, even where there has been Spitting of Blood, and Rawneſs and Soreneſs of the Paſſages, with Hoarſeneſs, *&c.* in blunting the acrimonious Humours, which in ſuch Caſes are almoſt continually dripping upon them. It is to be queſtioned, whether for thoſe Purpoſes there is to be had, in the whole *Materia Medica*, a Medicine ſo innocent, ſo ſafe, and yet ſo pleaſant and effectual, or that can afford Relief ſo ſoon as this will. Grown People may make it ſtronger than for Children.

Get the Herb of the ſame Year's Growth and Drying, that you uſe it in; and the larger the Leaves, as being the fuller grown, the better.

It is beſt to be made freſh and freſh, as you want it, and not too much at a time, eſpecially in warm Weather.

Pills to purge off a Rheum in the Teeth.

TAKE four drams of Maſtick, ten drams of Aloes, three drams of Agarick: Beat the Maſtick and Aloes, and grate the Agarick, ſearce them and make them into Pills with Syrup of Betony. You may make but a quarter of this quantity at a time; and take it all out, one Pill in the Morning and two at Night. You may eat or drink any thing with theſe Pills, and go abroad, keeping your ſelf warm; and when they work, drink a Draught or two of ſomething warm.

To make Daffy's *Elixir.*

TAKE of Elecampane-roots ſliced, and Liquoriſh ſliced, of each two ounces; Anniſeeds, Coriander-ſeeds, and Carraway-ſeeds, of each two ounces; oriental Sena, Guaiacum bruiſed, of each two ounces, Rhubarb one ounce; Saffron one dram; Raiſins of the Sun ſtoned one pound. Put all theſe in a Glaſs Bottle, of a Gallon, adding to it three quarts of white Anniſeed-water: Stop the Bottle, and let it ſtand infuſing four Days, ſtirring it ſtrongly three or four times a day; then ſtrain it off, and put it into Bottles cork'd very well. You muſt take it Morning and Night; three ſpoonfuls going to Bed, and as much in the Morning, according as you find it work. It requires not much Care in Diet, nor keeping within: But you muſt keep warm and drink ſomething hot in the Morning after it has work'd.

This Elixir is excellent good for the Cholick, the Gravel in the Kidneys, the Dropſy, the Griping of the Guts, or any Obſtructions in the Bowels. It purgeth two or three times a Day.

An Ointment to cauſe Hair to grow.

TAKE two ounces of Boar's greaſe, one dram of the Aſhes of burnt Bees, one dram of the Aſhes of Southernwood, one dram of the Juice of a white Lilly Root, one dram of Oil of ſweet Almonds, and ſix drams of pure Musk; and, according to Art, make an Ointment of theſe; and the day before the full Moon, ſhave the place, and anoint it every Day with this Ointment. It will cauſe Hair to grow where you will have it.

Oil of ſweet Almonds, or Spirit of Vinegar, is very good to rub the Head with if the Hair grows thin.

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To

To preſerve and whiten the Teeth.

TAKE a quarter of a pound of Honey, and boil it with a little Roch-Allum; ſcum it well, and then put in a little Ginger finely beaten; let it boil a while longer, then take it off, and before 'tis cold, put to it as much Dragon's-blood as will make it of a good Colour. Mix it well together, and keep it in a Gallipot for uſe. Take a little on a Rag, and rub the Teeth. You may uſe it often.

To make Lip Salve.

TAKE a quarter of a pound of Alkermes-root bruiſed, and half a quarter of a pound of freſh Butter, as much Bees-Wax, and a pint of Claret; boil all theſe together a pretty while, then ſtrain it, and let it ſtand till 'tis cold; then take the Wax off the top, and melt it again, and pour it clear from the Dregs into your Gallipots, or Boxes. Uſe it when, and as often as you pleaſe.

To clean and ſoften the Hands.

SET half a pint of Milk over the fire, and put into it half a quartern of Almonds blanch'd and beaten very fine; when it boils, take it off, and thicken it with the yolk of an Egg; then ſet it on again, ſtirring it all the while both before and after the Egg is in, then take it off, and ſtir in a ſmall ſpoonful of ſweet Oil; and put it in a Gallipot: It will keep about five or ſix Days. Take a bit as big as a Walnut, and rub about your Hands, and the Dirt or Soil will rub off, and it will make them very ſoft. Draw on Gloves, juſt as you have uſed it.

A Remedy for Pimples.

TAKE half a quarter of a pound of bitter Almonds, blanch, ſtamp them, and put them into half a pint of Spring-water, ſtir it together, and ſtrain it out: Then put to it half a pint of the beſt Brandy, and a penny-worth of the flour of Brimſtone. Shake it well when you uſe it, which muſt be often. Dab it on with a fine Rag.

Another to take away Pimples.

TAKE Wheat Flour mingled with Honey and Vinegar, and lay on the Pimples going to Bed.

A Water to waſh the Face.

BOIL two ounces of *French* Barley in three pints of Spring-water; ſhift the Water three times; the laſt Water uſe, adding to it a quartern of bitter Almonds blanch'd, beat and ſtrained out; then add the Juice of two Lemons, and a pint of White-wine. Waſh with it at Night. Put a bit of Camphire in the Bottle.

To whiten and clean the Hands.

BOIL a quart of new Milk, and turn it with a pint of Aqua-vitæ; then take off the Curd, then put into the Poſſet a pint of Rheniſh-wine, and that will raiſe another Curd, which take off, then put in the whites of ſix Eggs well beaten, and that will raiſe another Curd, which you muſt take off, and mix the three Curds together very well, and put them into a Gallipot, and put the Poſſet in a Bottle. Scour your Hands with the Curd, and waſh them with the Poſſet.

A Water for the Scurvy in the Gums.

TAKE two quarts of Spring-water, and one pound of right *Flower-de-Luce*-root, and a quarter of a pound of Roch-Allum; two ounces of Cloves, two handfuls of red Roſe-leaves; two handfuls of Woodbine-leaves, two handfuls of Columbine-leaves, two handfuls of brown Sage, and one of Roſemary; eight Sevil Oranges, Peel and all, only take out the Seeds. Set theſe over the Fire, and let them boil a quart away; then take it off, and ſtrain it, and ſet it over the fire again, and put to it three quarts of Claret, and a pint of Honey: Let them boil half an hour; ſcum it well, and when 'tis cold, bottle it for uſe. Waſh and gargle your Mouth with it two or three times a-day.

To take away Morphew.

TAKE Briony-roots, and Wake-Robin, ſtamp them with Brimſtone, and make it up in a lump, wrap it in a fine Linen-Rag, and dip it in Vinegar, and rub the Place pretty hard with it, and it will take away the Morphew Spots.

The Italian *Waſh for the Neck.*

TAKE a quart of Ox-Gall, two ounces of Roch-Allum, two ounces of white Sugar-candy, two drams of Camphire, half an ounce of Borax; beat all theſe in a Mortar, and ſift them through a fine Sieve; then mix them well in the quart of Ox-Gall; put all together into a three-pint ſtone Bottle well cork'd; ſet it to infuſe in the Sun, or by the Fire ſix Weeks together, ſtirring it once a-day; then ſtrain it from the bottom, and put to every quarter of a pint of this Liquor a quart of Spring-water, otherwiſe it will be too thick;

ſet

ſet it a little to clarify, and bottle it, put ſome Powder of Pearl in the Bottle: Waſh with it.

For a Cold, Dr. Ratcliff's *Receipt.*

MAKE ſome Sack-whey with Roſemary boil'd in it; mix a little of it in a Spoon, with twenty Grains of Gaſcoin Powder; then drink half a pint of your Sack-whey, with twelve drops of Spirit of Harts-horn in it; go to Bed, and keep warm; do this two or three Nights together.

A Receipt for the Gravel.

PUT two Spoonfuls of Linſeeds juſt bruiſed, into a quart of Water, and a little ſtick of Liquoriſh; boil it a quarter of an Hour; then ſtrain it through a Sieve; and ſweeten it to your Taſte with Syrup of Althea.

Excellent for Worms in Children.

FEnegrig-ſeed, and Wormwood-ſeeds mix'd, one Pennyworth, beat and ſearced; mix it well in a halfpenny-worth of Treacle; let the Child take a ſmall ſpoonful in a Morning Faſting, and faſt two Hours after it; do this three or four Days.

For a Cold.

TAKE Roſemary and ſliced Liquoriſh, and boil it in ſmall Ale, and ſweeten it with Treacle, and drink it going to Bed four or five Nights together.

To ſtop Bleeding in the Stomach.

TAKE Oil of Spike, natural Balſam, Bole-Armoniac, Rhubarb and Turpentine; mix theſe

theſe together, and take as much as a large Nutmeg three times a-day.

The Tar-Pills, for a Cough.

TAKE Tar and drop it on Powder of Liquoriſh, and make it up into Pills; take two every Night going to Bed, and in a Morning drink a glaſs of fair Water that Liquoriſh has been three or four days ſteeped in. Do this for nine or ten days together, as you find good.

To cure an Ague.

TAKE ſmall Pack-thread, as much as will go five times about the Neck, Wriſts and Ancles; dip them in Oil of Amber twice a-day for nine days together. Keep them on a Fortnight after the Ague is gone.

For a Looſeneſs.

TAKE Sage, and heat it very hot between two Diſhes; put it in a Linen Bag, and ſit on it.

Another.

TAKE Frankincenſe and Pitch, and put it on ſome Coals, and ſit over it.

For violent Bleeding at the Noſe.

LET the Party put their Feet in warm Water, and if that does not do, let them ſit higher in it.

For the Biting of a Mad Dog.

PRimroſe-roots ſtamp'd in White-wine, and ſtrained. Let the Patient drink a good Draught of it.

For a Purge.

TAKE half an ounce of Sena, boil it in a pint of Ale till half be conſumed; cover it cloſe till the next day, then boil it again till it comes to two ſpoonfuls; ſtrain it, and add to it two ſpoonfuls of Treacle, and drink it warm; drink Gruel, or Poſſet, or Broth after it; keep your ſelf very warm while 'tis working. Or elſe two ounces of Syrup of Roſes, and drink warm Ale after it in the working.

For the Itch.

TAKE Elecampane-roots or Dock-roots dried and beaten to Powder, and a little beaten Ginger, both ſearced very fine; mix it up with freſh Butter, and anoint with it in the Joints.

For the Dropſy and Scurvy.

TAKE a quart of White-wine, and ſix ſprigs of Wormwood, and as much Roſemary, half a quarter of an ounce of Aloes, the ſame quantity of Myrrh, Rhubarb, Cinamon and Saffron; bruiſe the Drugs, and pull the Saffron, and put all into a three pint ſtone-bottle: tye the Cork down cloſe, and ſet it in a kettle of Water and Hay, and let it boil three hours; then let it ſtand a day or two to ſettle; ſo let the Patient take four ſpoonfuls every Morning faſting, and faſt three hours after it, and walk abroad. If 'tis too long to faſt, and the Conſtitution will not bear it, they may drink a Draught of Water-Gruel two hours after it; take this till the quantity is out.

For the Jaundice.

TAKE three Bottles of Ale, and half a pint of the Juice of Celandine, and a quarter of a pint of

of Fever-few, and a good handful of the inner Rind of Barberry-Tree, and two Pennyworth of Saffron; divide all into three parts, and put a part into every one of the Bottles of Ale, and drink a Bottle in three Mornings. So it will laſt nine Mornings; you muſt ſtir after it.

To make Lucatellus's *Balſam to take inwardly.*

TAKE a quart of the pureſt Oil, and half a pound of yellow Bees-Wax, four ounces of *Venice* Turpentine, ſix ounces of liquid Storax, two ounces of Oil Hipericon, two ounces of natural Balſam, red Roſe-water half a pint, and as much Plantane-water, red Sanders ſix Pennyworth, Dragon's Blood ſix Pennyworth, Mummy ſix Pennyworth, and of Roſemary and Bays of each half a handful, and Sweet-marjoram half a handful; put the Herbs, the Dragon's Blood, the Wax, and Mummy, into a Pipkin; then put the Oil, the Turpentine, the Oil Hipericon, the Storax, the Roſe-water, the Plantane-water, and a quart of Spring-water, and if you pleaſe, ſome *Iriſh* Slate, ſome Balm of *Gilead*, and ſome Sperma-Cete into another Pipkin: ſet both the Pipkins over a ſoft Fire, and let them boil a quarter of an hour; then take it off the Fire and put in the natural Balſam and red Sanders; give them a boil, and ſtrain all in both Pipkins together into an earthen Pan. Let it ſtand till 'tis cold, then pour the Water from it and melt it again; ſtir it off the Fire till 'tis almoſt cold, then put it into Gallypots; and cover it with Paper and Leather.

For the Piles.

TAKE Galls, ſuch as the Dyers uſe, and beat them to Powder, and ſift them; mix the Pow-

Powder with Treacle into an Ointment, and dip a Rag into it and apply it to the Place affected.

For the Cramp.

TAKE Spirit of Caſtor and Oil of Worms, of each 2 drams, Oil of Amber one dram, ſhake them well together, warm a little in a Spoon and anoint the Nape of the Neck, chafe it in very well, and cover warm; anoint when in Bed.

For a Cough.

TAke Conſerve of Roſes 2 ounces, Diaſcordium half an ounce, Powder of Olibanum half a dram, Syrup of Jubebs half an ounce; mix theſe, and take the quantity of a Nutmeg 3 times a-day, in the Morning, at Four, and at Night.

For a Dropſy.

TAke three ounces of the outward Bark of Elm boil'd in three quarts of Water till a third part is waſted; drink nothing elſe: to make it pleaſant you may put in ſome Sugar, or Wine, or Elder-wine, or Syrup made of Dwarf-Elder-berries.

To make Caſhew Lozenges.

TAke half an ounce of Balſam of *Tolu*, put it in a Silver Tankard, and put to it three quarters of a pint of fair Water, cover it very cloſe, and let it ſimmer over a gentle Fire 24 Hours; then take ten ounces of Loaf-Sugar finely powder'd, and half an ounce of *Japan*-Earth finely powder'd and ſifted, and wet it with two parts of *Tolu*-water, and one part Orange-flower-water, and boil it together almoſt to a Candy height; then drop it on Pye-plates, but firſt rub the Plates over with an Almond, or waſh them over with Orange-flower-water; it is beſt to

do

do but five ounces at a time, becauſe it will cool before you can drop it; after you have dropt them, ſet the Plates a little before the Fire, they will ſlip off the eaſier; if you would have them perfum'd, put in Ambergreaſe.

For Obſtructions.

PUT two ounces of Steel-filings into a Quart Bottle of White-wine, let it ſtand three Weeks, ſhaking it once a-day; then put in a dram of Mace, let it ſtand a Week longer, then put into another Bottle three quarters of a pound of Loaf-Sugar in Lumps, and clear off your Steel-wine to your Sugar, and when it is diſſolv'd it is fit to uſe. Give a ſpoonful to a young Perſon, with as much Cream of Tartar as will lie on a Three-pence; to one that is older two Spoonfuls, and Cream of Tartar accordingly.

For a Rheumatiſm.

LET the Party take of the fineſt glaz'd Gunpowder as much as a large Thimble may hold, wet it in a Spoon with Milk from the Cow, and drink a good half-pint of warm Milk after it; be cover'd warm in Bed and ſweat. Give it faſting about Seven in the Morning, and take this nine or ten Mornings together.

For a Dropſy.

BRuiſe a pint of Muſtard-ſeed, ſcrape and ſlice a large Horſe-radiſh-Root, ſcrape a handful of the inner Rind of Elder, and a Root of Elecampane ſliced; put all theſe into a large Bottle, and put to it a quart of good Stale-beer; let it ſteep 48 Hours; drink half a pint every Morning faſting, and faſt two Hours after it. You may fill it up once or twice.

The Bruiſe Ointment.

TAke of Roſemary, brown Sage, Fennel, Camomile, Hyſſop, Balm, Woodbine-leaves, Southernwood, Parſly, Wormwood, Self-heal, Rue, Elder-Leaves, Clowns-All-heal, Burdock-leaves, of each one handful; put them into a Pot with very ſtrong Beer, or Spirits enough to cover them well, and two pound of freſh Butter out of the Churn; cover it up with Paſte, and bake it with Bread, and when it is bak'd ſtrain it out; when it is cold ſcum off the Butter and melt it, and put it in a Gallipot for Uſe. The Liquor is very good to dip Flannels into, and bathe any green Bruiſe or Ach, as hot as can be born.

A good Vomit.

TAKE two ounces of the fineſt white Allum, beat it ſmall, put it into better than half a pint of new Milk, ſet it on a ſlow Fire till the Milk is turn'd clear; let it ſtand a quarter of an Hour, ſtrain it off, and drink it juſt warm: It will give three or four Vomits, and is very ſafe; and an excellent Cure for an Ague, taken half an Hour before the Fit; drink good ſtore of Carduus-Tea after it; or elſe take half a dram of *Hipococuana*, and Carduus-Tea with it.

An Ointment for a ſcald Head.

TAke a pound of *May* Butter withont Salt out of the Churn, a pint of Ale not too ſtale, a good handful of green Wormwood; let the Ale be hot, and put in the Butter to melt; ſhred the Wormwood, and let them boil together till it turns green; ſtrain it, and when it is cold take the Ointment from the Dregs.

To cure the Piles.

TAke two-pennyworth of Litharge of Gold, an ounce of Sallet-Oil, a spoonful of White-wine Vinegar; put all into a new Gallipot, beat it together with a Knife till it is as thick as an Ointment; spread it on a Cloth and apply it to the place; if inward, put it up as far as you can.

To make the Teeth white.

TAke 3 Spoonfuls of Celandine, 9 Spoonfuls of Honey, half a Spoonful of burnt Allum; mix these together and rub the Teeth with it.

A Powder for the Teeth.

HAlf an ounce of Cream of Tartar, and a quarter of an ounce of Powder of Myrrh; rub the Teeth with it 2 or 3 times a Week.

To make the right Angel-Salve.

TAKE of Rosin and Par-rosin, of each half a pound, Virgins-wax and Frankincense, of each a quarter of a pound, Mastich an ounce, Deer-Suet a quarter of a pound; melt what is to be melted, and powder what is to be powder'd, and sift it fine; then boil them, and strain them thro' a Canvas Bag into a Pottle of White-wine; then boil the Wine with the Ingredients an Hour with a gentle Fire, and let it stand till it is no hotter than Blood; then put to it two drams of Camphire, and two ounces of *Venice*-Turpentine, and stir it constantly till it is cold; be sure your Stuff be no hotter than Blood when you put in your Camphire and Turpentine, otherwise it is spoil'd; make it up in Rolls and keep it for Use; it is the best Salve made.

To cure an Ague.

TAke Tobacco-duſt and Soot an equal quantity, and nine Cloves of Garlick, beat it well together, and mix it with Soap into a pretty ſtiff Paſte, and make two Cakes ſomething broader than a Five-ſhilling-piece, and ſomething thicker; lay it on the inſide of each Wriſt, and bind it on with Rags; put it on an Hour before the Fit is expected; if it does not do the firſt time, in 3 or 4 Days repeat it with freſh.

To take out the Redneſs and Scurf after the Small-Pox.

AFTER the firſt Scabs are well off, anoint the Face going to-bed with the following Ointment. Beat common Allum very fine, and ſift it thro' a Lawn-ſieve, and mix it with Oil like a thick Cream, and lay it all over the Face with a Feather; in the Morning have Bran boil'd in Water till it is ſlippery, then waſh it off as hot as you can bear it; ſo do for a Month or more, as there is occaſion.

To make Brimſtone-Lozenges for a ſhort Breath.

TAKE of Brimſtone-flour and double-refin'd Sugar beaten and ſifted an equal quantity, make it in Lozenges with Gum-dragon ſteep'd in Roſe-water; dry them in the Sun, and take three or four a day.

For a Burn.

TAKE common Allum, beat and ſift it, and beat it up with Whites of Eggs to a Curd, then with a Feather anoint the Place; it will cure without any other thing.

To procure the Menſes.

TAKE a quarter of an ounce of pure Myrrh made into fine Powder, mix it with 3 quarters of an ounce of Conſerve of Bugloſs-Flowers; two Days before your Expectation take this quantity at four times, laſt at Night, and firſt in the Morning; drink after each time a Draught of Poſſet-drink made of Ale, White-wine and Milk, and boil in it ſome Pennyroyal and a few Camomile-flowers.

To ſtop Flooding.

DIſſolve a quarter of an ounce of *Venice-Treacle* in four ſpoonfuls of Water, and drop in it 30 or 40 of *Jones*'s Drops; take it when Occaſion requires, eſpecially in Child-bed.

To provoke Urine preſently when ſtopt.

IN a quart of Beer boil a handful of the Berries of *Eglantine* till it comes to a pint; drink it off lukewarm.

To draw up the Uvula.

TAKE Ground-Ivy and heat it well between two Tiles, and lay it as warm as can be born on the top of the Head.

The Blood of a Hare dry'd and drank in red Wine does ſtop the Bloody-flux, or any Laſk, tho' never ſo ſevere.

For a Thruſh in Childrens Mouths.

TAke a hot Sea-Coal and quench it in as much Spring-water as will cover the Coal, waſh it with this five or ſix times a-day.

For the Worms in Children.

TAKE of Mithridate and Honey, of each a Pennyworth, Oil of Mace two Pennyworth; melt them together, and ſpread upon Leather cut in the Shape of an Heart; Oil of Savin and Wormwood, of each 6 drops, of Aloes and Saffron in Powder, of each one dram; rub the Oils and ſtrew the Powders all over the Plaiſter; apply it, being warm'd, to the Child's Stomach with the Point upwards.

For a Weakneſs in the Back or Reins.

TAKE an ounce of *Venice*-Turpentine, waſh it in red Roſe-water, work it in the Water till it is white, pour the Water from it, and work it up into Pills with Powder of Turmerick and a grated Nutmeg, you may put a little Rhubarb as you ſee occaſion; take 3 in the Morning and 3 in the Evening in a little Syrup of Elder.

For the Yellow Jaundice.

TAke a handful of Burdock-Roots, cut them in Slices to the Cores and dry them, half a handful of the inner Rind of Barberries, three Races of Turmerick beat very fine, 3 or four Tabes of the whiteſt Gooſe-dung; put all in a Quart of Strong-beer, cover it cloſe, and let it infuſe in the Embers all Night, in the Morning ſtrain it off, add to it a Groat's-worth of Saffron; take half a pint at a time firſt and laſt. It muſt be a handful of Dock-Roots when dry.

An approved Remedy for a Cancer in the Breaſt.

TAke of the hard Knobs or Warts which grow on the Legs of a Stone-horſe, dry them carefully and powder them; give from one Scruple to half a dram every Morning and Evening in a Glaſs of Sack; you muſt continue taking them for a Month or Six Weeks, or longer if the Cancer is far gone.

An approved Medicine for the Stone.

TAke ſix pound of black Cherries, ſtamp them in a Mortar till the Kernels are bruis'd, then take of the Powder of Amber, and of Coral prepar'd, of each two ounces, put them with the Cherries into a Still, and with a gentle Fire draw off the Water, which if you take for the Stone, mix a dram of the Powder of Amber with a Spoonful of it, drinking 3 or 4 Spoonfuls after it; if for the Palſy or Convulſion, take 4 Spoonfuls, without adding any thing, in the Morning faſting.

To give Eaſe in Fits of the Stone, and to cure the Suppreſſion of Urine, which uſually attends them.

TAKE of Snails-ſhells and Bees, of each an equal quantity, dry them in an Oven with a moderate Heat, then beat them to a very fine Powder, of which give as much as will lie upon a Sixpence in a quarter of a Pint of Bean-flower-water every Morning, faſting two Hours after it; continue this for three Days together. This has been often found to break the Stone, and to force a ſpeedy Paſſage for the Urine.

DIRECTIONS for Painting Rooms or Pales.

The Price of Materials.

	l.	*s.*	*d.*
One Hundred Weight of Red Lead	00	18	0
One Hundred Weight of White Lead	01	02	0
Linſeed Oil by the Gallon	00	03	0

A ſmall quantity of Oil of Turpentine is ſufficient.

THE Red Lead muſt be ground with Linſeed-Oil, and may be uſed very thin, it being the priming or firſt colouring; when 'tis uſed, ſome drying Oil muſt be put to it.

To prepare the drying Oil.

TAKE two quarts of Linſeed Oil, put it in a Skillet or Sauce-pan, and put to it a pound of burnt Amber; boil it for two hours gently, prepare this without Doors for fear of endangering the Houſe; let it ſettle, and it will be fit for uſe; pour the clear off, and uſe that with the White Lead, the Lees or Dregs being as good to be uſed with Red Lead.

For the ſecond priming.

TAKE a Hundred Weight of White Lead, with an equal quantity of Whiting in Bulk, but

not in Weight; grind them together with Linſeed Oil pretty ſtiff; when 'tis uſed, put to it ſome of the drying Oil above-mentioned, with a ſmall quantity of Oil of Turpentine. This is not to be laid on till the firſt priming is very dry.

To prepare the Putty or Paſte to ſtop all Joints in the Pales or Wood, that no Water may ſoak in.

TAKE a quantity of Whiting, and mix it very ſtiff with Linſeed Oil, and drying Oil of each an equal Quantity; when 'tis ſo ſtiff it cannot be wrought by the Hand, more Whiting muſt be added and beat up with a Mallet till 'tis ſtiffer than Dough; when your ſecond priming is dry, ſtop ſuch Places as require with this Putty, and when the Putty is skinn'd over, that is, the outſide dry, then proceed and lay on the laſt Paint, which is thus to be prepared.

Take of the beſt White Lead, grind it very ſtiff with Linſeed Oil, and when 'tis uſed put to it ſome of the drying Oil, and ſome Oil of Turpentine. Thus will the Work be finiſhed to great Satisfaction; for it will be more clean and more durable than it can be performed by a Houſe-Painter, without you pay conſiderably more than the common Rates. Repeat this laſt Preparation once in five Years, and it will preſerve any Out-works that are expoſed to the Weather, time out of Mind. But for Rooms or Places within Doors, proceed thus.

The Wainſcot Colour for Rooms.

WHEN you mix your laſt Paint, add to your White Lead a ſmall quantity of Yellow Oaker, and uſe it as above directed. 'Tis now the univerſal Faſhion to paint all Rooms of a plain Wainſcot Colour; and if it ſhould alter, 'tis but mixing any other Colour with the White Lead in-

inſtead of Yellow Oaker. There muſt be bought ſix Chamber-Pots of Earth, and ſix Bruſhes, and keep them to what they belong to.

To make Yellow Varniſh.

TAKE one quart of Spirit of Wine, and ſeven ounces of Seed-Lake, half an ounce of Sandarack, a quarter of an ounce of Gum-Anime, and one dram of Maſtich. Let theſe infuſe for 36 or 40 hours, ſtrain it off, and keep it for uſe. 'Tis good for Frames of Chairs or Tables, or any thing black or brown; do it on with a Bruſh three or four times, nine times if you poliſh it afterwards, and a day between every doing: Lay it very thin the firſt and ſecond time, afterwards ſomething thicker.

To make White Varniſh.

TO one quart of Spirit of Wine take eight ounces of Sandarack well waſh'd in Spirit of Wine, that Spirit of Wine will make the yellow Varniſh; then add to it a quarter of an ounce of Gum-Anime well pick'd, half an ounce of Camphire, and one dram of Maſtich; ſteep this as long as the yellow Varniſh, then ſtrain it out and keep it for uſe.

To boil Plate.

TAKE twelve gallons of Water, or a quantity according to your Plate in Largeneſs or Quantity; there muſt be Water enough to cover it. Put the Water in a Copper or large Kettle, and when it boils put in half a pound of red Argil, a pound of common Salt, an ounce of Roach-Allum; firſt put your Plate into a Charcoal Fire, and cover it till 'tis red-hot; then throw it into your Copper, and let it boil half an hour; then take it out and waſh it in cold fair Water, and ſet it before the Charcoal Fire till 'tis very dry.

For

For a Bite of a mad Dog: It has cured when the Perſon was diſordered, and the Salt Water failed.

TAKE of Turmentil-roots one ounce, Aſſafætida as much as a Bean, Caſtor four pennyworth, Lignum-Aloes two pennyworth; ſteep theſe in Milk twelve hours, boil the Milk and drink it faſting before the Change or Full Moon, or as oft as Occaſion.

A Receipt for deſtroying Buggs.

TAKE of the higheſt rectify'd Spirit of Wine, (*viz.* Lamp Spirits) that will burn all away dry, and leave not the leaſt Moiſture behind, half a pint; newly diſtill'd Oil, or Spirit of Turpentine, half a pint; mix them together and break into it, in ſmall Bits, half an ounce of Camphire, which will diſſolve in it in a few Minutes; ſhake them well together, and with a piece of Spunge, or a Bruſh dipt in ſome of it, wet very well the Bed or Furniture wherein thoſe Vermin harbour or breed, and it will infallibly kill and deſtroy both them and their Nits, although they ſwarm ever ſo much: But then the Bed or Furniture muſt be well and thoroughly wet with it, (the Duſt upon them being firſt bruſhed and ſhook off) by which Means it will neither ſtain, ſoil, or in the leaſt hurt the fineſt Silk or Damaſk Bed that is. The Quantity here ordered of this curious neat white Mixture, (which coſts but about a Shilling) will rid any one Bed whatſoever, tho' it ſwarms with Buggs: Do but touch a live Bugg with a Drop of it, and you will find it to die inſtantly. If any Bugg or Buggs ſhould happen to appear after once uſing it, it will only be for want of well wetting the Lacing, *&c.* of the Bed, or the Foldings of the Linings or Curtains near the Rings, or the Joints or Holes in and about

about the Bed, Head-board, *&c.* wherein the Buggs or Nits neſtle and breed, and then their being well wet again with more of the ſame Mixture, which dries in as faſt as you uſe it, pouring ſome of it into the Joints and Holes where the Spunge or Bruſh cannot reach, will never fail abſolutely to deſtroy them all. Some Beds that have much Wood-work, can hardly be thoroughly cleared, without being firſt taken down; but others that can be drawn out, or that you can get well behind, to be done as it ſhou'd be, may.

Note, The Smell this Mixture occaſions, will be all gone in two or three Days, which yet is very wholſome, and to many People agreeable. You muſt remember always to ſhake the Mixture together very well, whenever you uſe it, which muſt be in the Day-time, not by Candle-light, leſt the Subtilty of the Mixture ſhould catch the Flame as you are uſing it, and occaſion Damage.

An excellent Way of waſhing, to ſave Soap, and whiten Cloathes.

TAKE a Butter-Tub, or one of that Size, and with a Gimblet bore Holes in it about half way; then put into your Tub ſome clean Straw, and over that about a Peck of Wood-Aſhes; then fill it with cold water, and ſet it into another Veſſel to receive the Water as it runs out of the Holes of the Tub: If 'tis too ſtrong a Lye, add to it ſome warm Water, and then waſh your Linen in it ſlightly, ſoaping the Cloathes before you waſh them: two pound of Soap will go as far as ſix pound, and make the Cloathes whiter and cleaner, when they by Experience have got the right way. If 'tis too ſtrong for the Hands, make it weaker with Water.

To take Mildew out of Linen.

TAKE Soap and rub it on very well; then scrape Chalk very fine, and rub that in well, and lay it on the Grass, and as it dries, wet it a little, and at once or twice doing it will come out.

An infallible Cure for the Bite of a mad Dog.

OF all the Diseases incident to Mankind, there is none so shocking to our Nature, as the *Bite of a mad Dog*; and yet, as terrible as it is, we have known Instances of those, who chose rather to hazard the worst Effects of it, and to die the worst of Deaths, than to follow the Advice of their Physicians, by making use of the known Specifick of *dipping in the Sea* or *Salt-Water*. It is for the sake of People of this unhappy Temper, who may have the Misfortune to be so bit, and of those who may have Cattle that are so, that we publish the following Receipt, which has been frequently made use of in a neighbouring County, and (as the Gentleman who communicated it says) was never known to fail.

Take six ounces of Rue, clean'd, pick'd, and bruis'd; four ounces of Garlick, peel'd and bruis'd; four ounces of *Venice*-Treacle; four ounces of filed Pewter, or scraped Tin. Boil these in two quarts of the best Ale, in a Pan cover'd close, over a gentle Fire, for the Space of one Hour; then strain the Ingredients from the Liquor; give eight or nine spoonfuls of it warm to a Man or Woman three Mornings fasting, and cold to any Beast fasting. Eight or nine spoonfuls is sufficient for the strongest, a less quantity to those younger, or of a weaker Constitution, as you may judge of their Strength; ten or twelve for a Horse or Bullock; three, four or five for a Sheep, Hog, or Dog.

This must be given within nine Days after the Bite; and it never fails either in Man or Beast. If you can conveniently, bind some of the Ingredients on the Wound.

A Receipt for Colds.

TAKE of *Venice*-Treacle, half a dram; Powder of Snake-Root, 12 grains; Powder of Saffron 6 grains; Volatile Salt of Hartshorn, 4 grains; Syrup of Cloves, a sufficient quantity to make it into a Bolus. To be taken going to rest, drinking a large Draught of warm *Mountain* Whey after it.

N. B. Those who can't afford *Mountain* Whey, may drink Treacle-Posset.

To such Constitutions as can't be provok'd to sweat, opening a Vein, or a gentle Purge, will be of great Service.

Terms

Terms of Art for Carving.

BARBEL, to tuſk
Bittern, to disjoint
Brawn, to leach
Bream, to ſplay
Buſtard, to cut up
Brew, to untach
Capon, to ſouce
Chevin, to fin
Chicken, to fruſh
Coney, to unlace
Crab, to tame
Crane, to diſplay
Curlew, to untach
Deer, to break
Eel, to tranſon
Egg, to tire
Egript, to break
Flounder, to ſauce
Gooſe, to rear
Haddock, to ſide
Hen, to ſpoil
Hern, to diſmember
Lampry, to ſtring
Lobſter, to barb
Mullard, to unbrace
Partridge, to wing
Paſty, to border
Peacock, to diſfigure
Pheaſant to allay
Pigeon, to thigh
Pike, to ſplat
Plover, to mince
Quail, to wring
Salmon, to chine
Small Birds, to thigh
Sturgeon, to tranch
Swan, to lift
Tench, to ſauce
Trout, to culpon
Turkey, to cut up
Woodcock, to thigh.

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Inſtructions

Inſtructions for Carving according to theſe Terms of Art.

To unjoint a Bittern.

RAISE his Wings, and Legs as a Hern, and no other Sauce but Salt.

To cut up a Buſtard.

SEE Turkey.

To ſauce a Capon.

TAKE a Capon, and liſt up the right Leg, and ſo array forth, and lay in the Platter; ſerve your Chickens in the ſame manner, and ſauce them with green Sauce, or Verjuice.

To unlace a Coney.

TURN the Back downward, and cut the Flaps or Apron from the Belly or Kidney; then put in your Knife between the Kidneys, and looſen the Fleſh from the Bone on each Side; then turn the Belly downward, and cut the Back croſs between the Wings, drawing your Knife down on each Side the Back-bone, dividing the Legs and Sides from the Back; pull not the Leg too hard, when you open the Side, from the Bone, but with your Hand and Knife neatly lay open both Sides from the Scut to the Shoulder; then lay the Legs cloſe together.

To diſplay a Crane.

UNFOLD his Legs, then cut off his Wings by the Joints; after this take up his Legs and Wings, and ſauce them with Vinegar, Salt, Muſtard and powder'd Ginger.

To unbrace a Duck.

RAISE up the Pinions and Legs, but take them not off, and raiſe the Merry-thought from the Breaſt; then lace it down each Side of the Breaſt with your Knife, wrigling your Knife to and fro, that the Furrows may lie in and out. After the ſame Manner unbrace a Mallard.

To rear a Gooſe.

TAKE off both Legs, fair, like Shoulders of Lamb; then cut off the

Belly-

Belly-piece round cloſe to the end of the Breaſt; then lace your Gooſe down on both Sides of the Breaſt half an Inch from the ſharp Bone; then take off the Pinion on each Side, and the Fleſh you firſt laced with your Knife, raiſe it up clean from the Bone, and take it off with the Pinion from the Body; then cut up the Merry-thought; then cut from the Breaſt-bone another Slice of Fleſh quite thro'; then turn up your Carcaſe, and cut it aſunder, the Back-bones above the Loin-bones; then take the Rump End of the Back-bone, and lay it in a Diſh with the ſkinny Side upwards; lay at the Fore-end of it the Merry-thought, with the ſkinny Side upwards, and before that the Apron of the Gooſe; then lay the Pinions on each Side contrary, ſet the Legs on each Side contrary behind them, that the Bone Ends of the Legs may ſtand up croſs in the Middle of the Diſh, and the Wing-pinions may come on the Outſide of them; put the long Slice, which you cut from the Breaſt-bone, under the Wing-pinions on each Side, and let the Ends meet under the Leg-bones, and let the other Ends lie cut in the Diſh betwixt the Leg and the Pinion; then pour in your Sauce under the Meat; throw on Salt, and ſerve it to the Table again.

To diſmember a Hern.

TAKE off both the Legs, and lace it down the Breaſt on both Sides with your Knife, and open the Breaſt-pinion, but take it not off; then raiſe up the Merry-thought between the Breaſt-bone, and the Top of it; then raiſe up the Brawn; then turn it outward upon both Sides, but break it not, nor cut it off; then cut off the Wing-pinions at the Joint next the Body, and ſtick in each Side the Pinion in the Place you turn'd the Brawn out, but cut off the ſharp End of the Pinion, and take the middle Piece, and that will juſt fit in the Place. You may cut up a Capon, or Pheaſant the ſame way.

To unbrace a Mallard.

THIS is done the ſame way as to unbrace a Duck, which ſee.

To wing a Partridge.

RAISE his Legs and Wings, and ſauce him with Wine, powder'd Ginger and a little Salt.

To allay a Pheaſant.

DO this as you do a Partridge, but uſe no other Sauce but Salt.

To wing a Quail.

DO this the ſame way as you do a Partridge.

To lift a Swan.

SLIT the Swan down in the Middle of the Breaſt, and ſo clean thro' the Back, from the Neck to the Rump; then part it in two Halves, but do not break or tear the Fleſh; then lay the two Halves in a Charger, with the ſlit Sides downwards, throw Salt upon it; ſet it again on the Table; let the Sauce be Chaldron, and ſerve it in Saucers.

To break a Teal.

DO this the ſame way as you do a Pheaſant.

To cut up a Turkey.

RAISE up the Leg fairly, and open the Joint with the Point of your Knife, but take not off the Leg; then with your Knife lace down both Sides of the Breaſt, and open the Breaſt-pinion, but do not take it off; then raiſe the Merry-thought betwixt the Breaſt-bone, and the Top of it; then raiſe up the Brawn; then turn it outward upon both Sides, but not break it, nor cut it off; then cut off the Wing-pinions at the Joint next the Body, and ſtick each Pinion in the Place you turn'd the Brawn out, but cut off the ſharp End of the Pinion, and take the middle Piece, and that will juſt fit in the Place. You may cut up a Buſtard, a Capon, or Pheaſant the ſame way.

To thigh a Woodcock.

RAISE the Wings and Legs as you do a Hern, only lay the Head open for the Brains; and as you thigh a Hern, ſo you muſt a Curlew, Plover or Snipe, excepting that you have no other Sace but Salt.

Winter

First Course

Gravy Soop
remove
Chicken &
Bacon

Scotch
Collops

Giblet
Pie

A Fine
Boil'd
Pudding

Roast-Beef
with Horse-
radish & Pickles
round

Second Course

A Turkey
Roasted

3
Wood Cocks
with Toasts

A
Tansey &
Garnish with
Orange

A
Hare with
a Savary
Pudding

A
Butter'd
Apple Pie
Hot

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First Courſe

A Soop remove Dish of Fiſh

Orange Pudding

white Fricacy

A Veniſon Paſty

Tongue & Cillyflowers

Bacon & Beans

A Chine of Mutton.

Second Courſe

Chickens or Partridges

Tart Sweet Breads

Harrow Paſtics

Sweet Meat Tarts of all Sorts

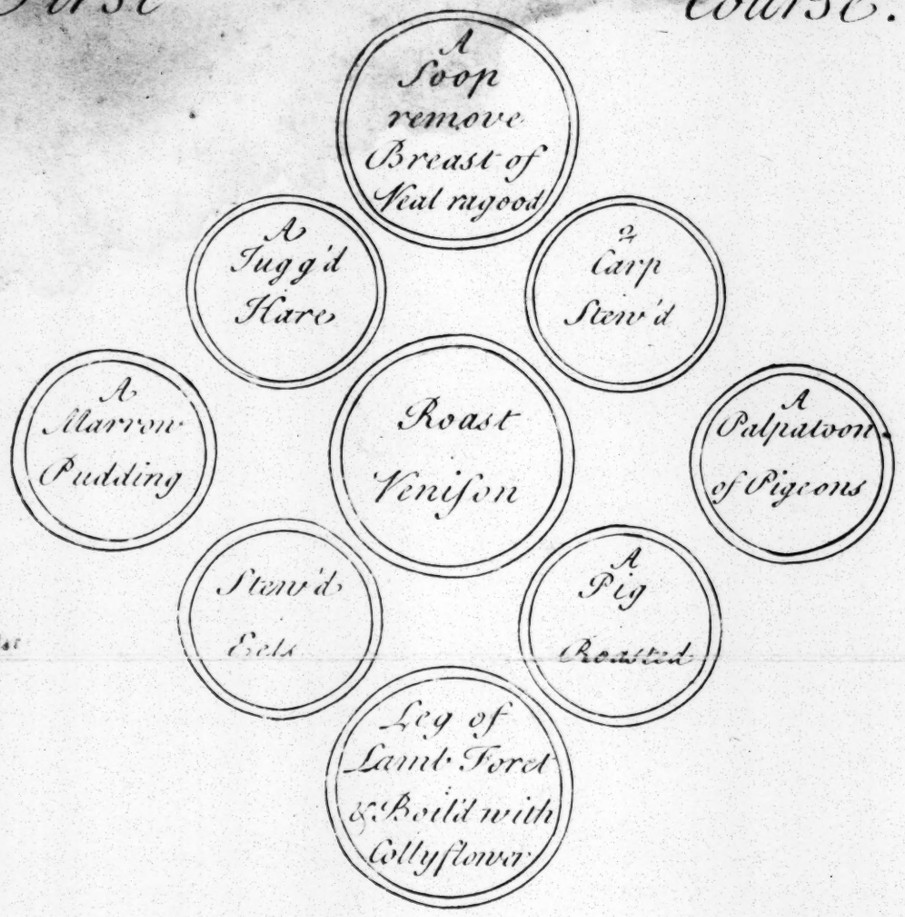
Young Peas

Roaſted Pigeons

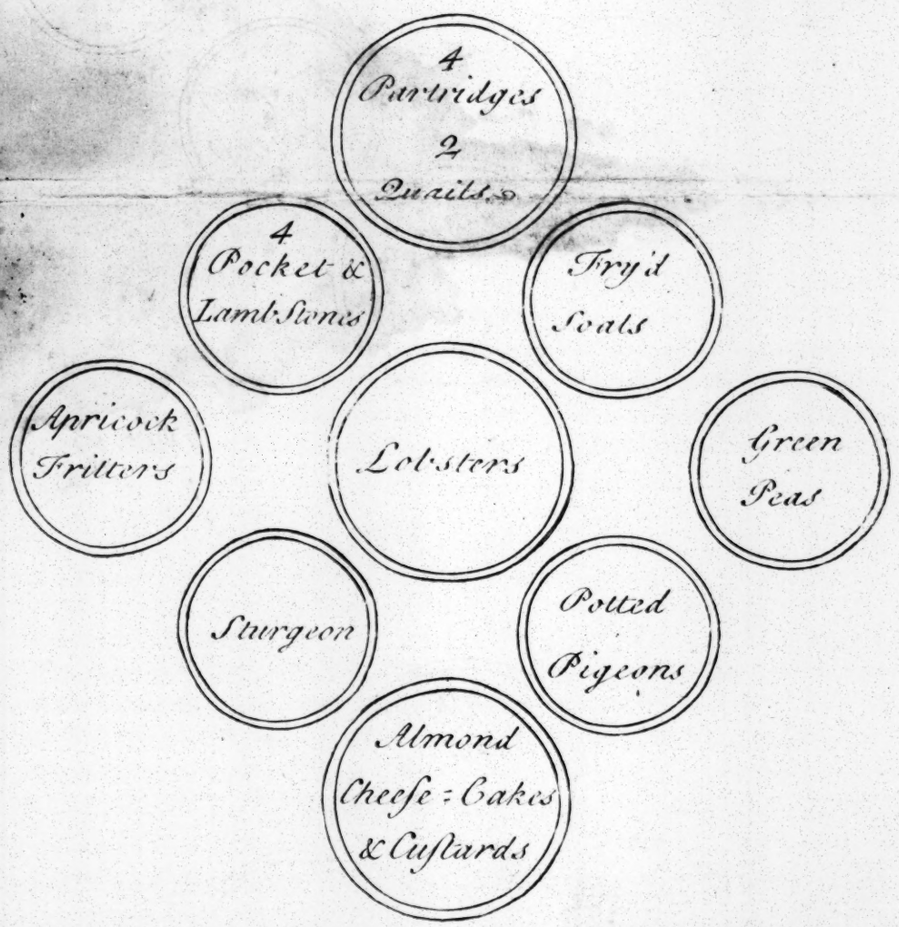
3 Young Rabbits

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First Course.



Second Course



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A Supper

First Course

3
Carp Stew'd

Lamoſions
Morels &
Truffles
Ragood

Scotch
Collops

Tarts
of
all Sorts

Danbeed
Veal

Broil'd
Pigeons with
Artichoke
Bottoms Fry'd

6
Very Small
Chickens

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